SWEET VINTAGE RIDES

GOT A COUPLE MILLION DOLLARS TO SPARE? HEAD DOWN TO ARIZONA FOR THE ULTIMATE USED-CAR SHOW PAGE 42

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Ex-teacher gets jail for child porn

Court. Guilty plea nets Christopher Ingvaldson a 3-month prison term and 2 years' probation

EMILY JACKSON
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A former teacher at two elite Vancouver private schools was sentenced to three months in jail and two years' probation after a police sting on Facebook found him in possession of child pornography.

Christopher Ingvaldson, 43, pleaded guilty to accessing and possessing child pornography on his home computer and a laptop at the prestigious all-boys St. George's School, from which he was fired immediately upon his arrest in June 2010.

"How and why Ingvaldson became involved in these matters is beyond understanding," B.C. provincial court Judge William Kitchen wrote in his reasons for sentencing in December, noting Ingvaldson's strong family support and successes in school and field hockey.

Before Ingvaldson worked at St. George's, where he was promoted to director of education technology shortly prior to his arrest, he taught at West Point Grey Academy with former friend and Liberal leadership candidate Justin Trudeau.

Quoted

"I have lost many things since being arrested in June 2010: a marriage, a career that I loved, numerous friendships, respect in the community at large."

Christopher Ingvaldson

Ingvaldson's otherwise bright past, however, did include problems with alcohol as a university student. He quit drinking in 1994, but later became addicted to sex and Internet pornography, according to the sentencing report.

A search for greater shock value led Ingvaldson to stray from legal to illegal pornography, according to the report. Australian police eventually caught him as part of a 14-member Facebook group called "Little Girls Love to Play Too."

Police found Ingvaldson in possession of 41 images of prepubescent boys and girls being sexually assaulted by adult men.

The offences "in no way involved the students with whom Ingvaldson was entrusted," the judge wrote.

Ingvaldson's lawyer argued for the minimum 45-day sentence since his client has shown remorse and attended therapy.

"I have lost many things since being arrested in June 2010: a marriage, a career that I loved, numerous friendships, respect in the community at large," Ingvaldson told the court.

But the judge imposed a harsher punishment due to the severity of the offences and Ingvaldson's position as a schoolteacher.

"The images were extremely serious. Ingvaldson provided them for others to access on the Internet," Kitchen wrote. "Ingvaldson even communicated with another person concerning accessing the images and the need to be discreet, demonstrating an awareness of the serious criminality of the images."

Ingvaldson will provide a DNA sample and be added to the sex-offender registry for 10 years. He also faces a five-year ban from communicating online and working or volunteering in a position of trust with people younger than 16, though he can communicate with his nieces and nephews.

Former Vancouver private-school teacher Chris Ingvaldson was sentenced to three months in jail and two years' probation for possessing child pornography. TWITTER.COM

Tangled web of e-spying

Memo reveals federal privacy watchdog wants to help Conservatives address the public's concerns over Internet surveillance PAGE 8

Guns go DIY down south

The technology is still developing, but 2012 saw the first shots fired from guns with printed 3D parts. How will this affect U.S. gun reform? PAGE 11

Canuck hopes Swiss stint pays dividends

Goalie Cory Schneider says playing overseas during the lockout did him good PAGE 38

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Strathcona

Four skiers rescued after Vancouver Island avalanche

Rescue teams sent snowmobiles to reach four skiers caught in a minor avalanche in Strathcona Provincial Park on Vancouver Island during heavy snowfall Tuesday.

One skier, an 18-year-old man, injured his leg in the incident, according to Comox Valley RCMP. The group used a cellphone to call for help.

"Very dangerous conditions" are expected in the Sea-to-Sky and South Coast Inland regions Wednesday due to a storm expected to dump up to 50 centimetres of fresh snow, according to the Canadian Avalanche Centre.

Travel is not recommended in avalanche terrain at alpine, treeline and below treeline levels when danger ratings are high.

Rescue teams across the province have already had a busy season rescuing backcountry shoeshoers and skiers.

EMILY JACKSON/METRO

Education

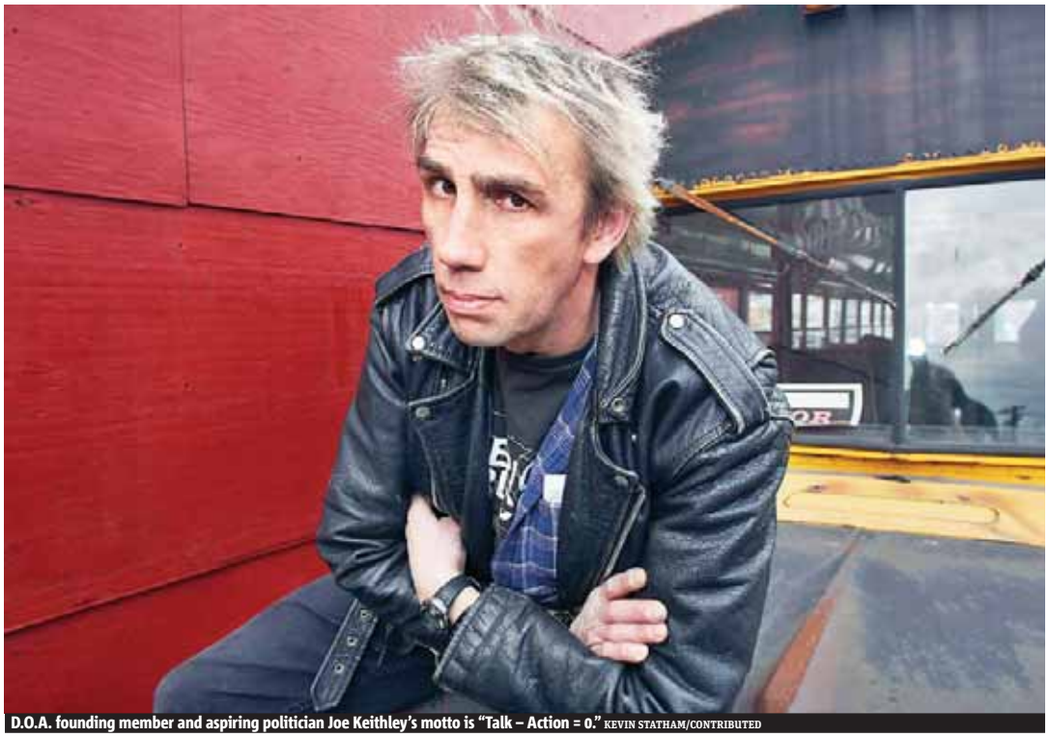
B.C. NDP promise to revamp school tests if elected

The Opposition New Democrats are promising to revamp the provincewide Foundation Skills Assessment tests in B.C. schools if they win the election in May.

But NDP education critic Robin Austin says the party isn't about to completely scrap standardized testing of grades 4 and 7 students.

He says the New Democrats, who introduced the controversial tests, will remodel them to measure more than students' writing and math skills.

THE CANADIAN PRESS



D.O.A. founding member and aspiring politician Joe Keithley's motto is "Talk – Action = 0." KEVIN STATHAM/CONTRIBUTED

From punk to politics: Keithley runs for NDP

Nomination fray. As D.O.A. prepares to bid farewell, Joe Keithley takes to another stage — the New Democrat race for Coquitlam-Burke Mountain

EMILY JACKSON
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The man known as Canada's "Godfather of punk" and "Shithead" wants a different title: NDP member of the Legislative Assembly.

B.C. punk-rock band D.O.A. announced its farewell tour dates as founding member Joe Keithley gives up his nickname and enters the NDP nomination fray for Coquitlam-Burke Mountain.

"The NDP has got a real energy with its membership — it's time for a change in government," Keithley said in an interview with Metro. "I'm a progressive guy and I'm open-minded, and I think I could make a difference in a really positive way."

Keithley will run against three other candidates for the NDP nod on March 3. The winner will compete with Liberal MLA Douglas Horne in the May 14 provincial election.

Should he win, Keithley's priority will be education. B.C. needs more ESL and special-needs teachers, to train people in the trades and to help post-secondary students with debt, he said.

This isn't his first foray into politics. D.O.A. has always been political, playing at benefits for anti-racism, education, First Nations rights and environmental causes.

"People knew we were political and people knew we always stood up for the regular person," he said.

Keithley also ran for the Green Party in 1996 and 2001 but moved to the NDP because of its social and financial policies.

Keithley has been involved in activism since he was 16, started his own record label and was named B.C.'s most influential person in a 2010 Vancouver Sun poll.

In D.O.A.'s 35 years, it sold one million albums. The band will perform its last Vancouver show at The Rickshaw on Jan. 18. It wraps up its farewell tour in Banff on Feb. 24.

But Keithley's not sad to give up the stage. "It's always good to take on new challenges," he said.

Are Vancouver's food carts hurting restaurants?

'Balance' urged. City currently has 103 food vendors, plans to hand out 30 more licences over the next two years

PHYLICIA TORREVILLAS
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A Vancouver city councillor is worried that a continued expansion of food carts in the city could put restaurants out of business.

George Affleck will table a motion next week to have staff review some of the policies of the food-cart program as well as the impact it might be having on the restaurant industry.

"I had 12 restaurateurs at my office before Christmas complaining that they were being impacted negatively," Affleck said Tuesday.

He just wants to make sure that there is a "level playing field."

"I live downtown. I enjoy the food carts," Affleck said. "This is not an anti-food-cart motion. It's really about having staff present us with information that we can make solid decisions about."

The B.C. Restaurant and Foodservices Association had called for a moratorium on new food trucks in the city, but president and CEO Ian Tostenson said he's met with city staff a month ago and is pleased that the city "understands the need for balance."

"We didn't want an end to the food carts. It was just really making sure (the city doesn't) put so many in the downtown core that it starts to have a negative effect on brick-and-mortar restaurants," he said.

"The (city) didn't say they were going to stop doing food carts, but they did say that they wanted to proceed with a different set of awareness and a little bit more cautiousness to make sure that they don't hurt existing food-cart owners as well as taking away from the restaurants," Tostenson added.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Vancouver Coun. George Affleck is introducing a motion next week to have staff look at changes to the food-cart program to help ease concerns of restaurant owners who complained the carts were taking away their customers. PHYLICIA TORREVILLAS/METRO FILE

B.C.'s new identity cards raise host of privacy concerns, critics say

An example of B.C.'s new integrated ID card. The government says the cards will be more convenient and reduce fraud, but critics are raising concerns over privacy. HANDOUT

The B.C. government is withholding information about new, high-tech ID cards in a move that could place your personal health information at risk, critics say.

Starting Feb. 15, residents will be able to replace their CareCard with a multipurpose photo ID that will also act as their driver's licence and allow them access to government services.

The province says the new cards, which have a price tag of approximately $150 million, will offer greater convenience to residents and cut down on health-care fraud.

However, those tasked with protecting the privacy of British Columbians say the new cards are a form of surveillance and will centralize personal data in a way that makes it attractive to hackers.

"When you have that much information stored or linked together, it becomes much more valuable for criminals to attack," said Vincent Gogolek, executive director of the B.C. Freedom of Information and Privacy Association.

Gogolek says his organization has filed numerous requests with the government for information about the new cards, only to be met with refusals and delays.

"We've filed a number of (freedom-of-information) requests and been stonewalled," he said. "It's been an exercise in frustration."

When the B.C. Services Card was first announced in 2011, the government pitched it as a solution to health-care fraud. Because there were twice as many active health cards as people living in B.C., the government alleged that some $260 million a year was being lost due to fraudulent billing.

However, Gogolek says he hasn't seen any information to suggest those numbers were anything other than speculation.

"Crime and convenience are the ways these things are always sold," he said. "They were using that with the fraud argument, but now it's being portrayed as some kind of convenience card."

LUKE SIMCOE/METRO VICTORIA

Multiple charges

Man jailed over seatbelt investigation, allegedly giving false identity

A 57-year-old Vancouver man has spent almost one month in jail partly because he failed to identify himself to police who were investigating a seatbelt infraction during a recent traffic stop.

The man's legal problems began Dec. 13 when police say they stopped a vehicle for traffic offences on Highway 99 in Delta.

Police say officers asked the rear passenger to identify himself for an alleged seatbelt infraction, but the man gave a false name and continued to maintain a false identify.

Police say Douglas Nikkel of Vancouver has been charged with failing to wear a seatbelt, obstructing a peace officer, obstructing justice, uttering threats and is scheduled to appear in court again Thursday.

THE CANADIAN PRESS

Fatal-crash aftermath

U.S. agency halts B.C. tour-bus firm's operations

The U.S. Department of Transportation has ordered the Coquitlam tour bus company involved in a fatal crash that killed nine people to cease operations within the United States.

The U.S. federal agency revoked Mi Joo Tour and Travel's authority to provide passenger service after it found several regulation failures in an investigation of the company after the Dec. 30 crash in Oregon.

The agency found the company allowed its driver to stay on the road despite having been on duty for well beyond the 70-hour maximum permitted under federal regulations.

The agency also revealed the company's operating authority was suspended for about two months in 2011 after it failed to meet drug- and alcohol-testing requirements and didn't pay a fine.

THE CANADIAN PRESS

Ongoing investigation

Woman killed in sailboat accident

A sailboat accident south of Courtenay has left a woman dead and a man injured.

RCMP in Courtenay say the incident happened just after 3 p.m. Monday when the nine-metre boat was spotted aground near Union Bay.

Rescuers pulled the couple out of the water and they were taken to hospital but the woman could not be revived. THE CANADIAN PRESS

22-month term

Man sentenced for bus-driver attack

A 20-year-old man with a history of drug abuse and violence has been sentenced to jail time for attacking a bus driver in Surrey last February.

Steven Fayant pleaded guilty last year to choking driver Ram Punni, as well as stabbing another man on a different day in Aldergrove.

CKNW/THE CANADIAN PRESS

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Eagle count yields good news, bad news

Shrinking food supply. Volunteer counters visit 22 different areas to compile latest tally

Thor Froslev, organizer of the "grandfather of all eagle festivals," doesn't expect the number of bald eagles in Brackendale to soar anymore.

Bird enthusiasts gathered Sunday for the 27th annual Brackendale Winter Bald Eagle Count, which saw 804 eagles tallied up by more than 50 volunteers in the B.C. community, north of Squamish.

Brackendale is world-famous for sightings of the majestic bird, and this year's count posted the highest total since 2010.

But despite the increase, Froslev, owner of the Brackendale Art Gallery, said he's not optimistic that the numbers will improve.

Dying breed

"For the last six years, it's been under 1,000."

Bird enthusiast Thor Froslev

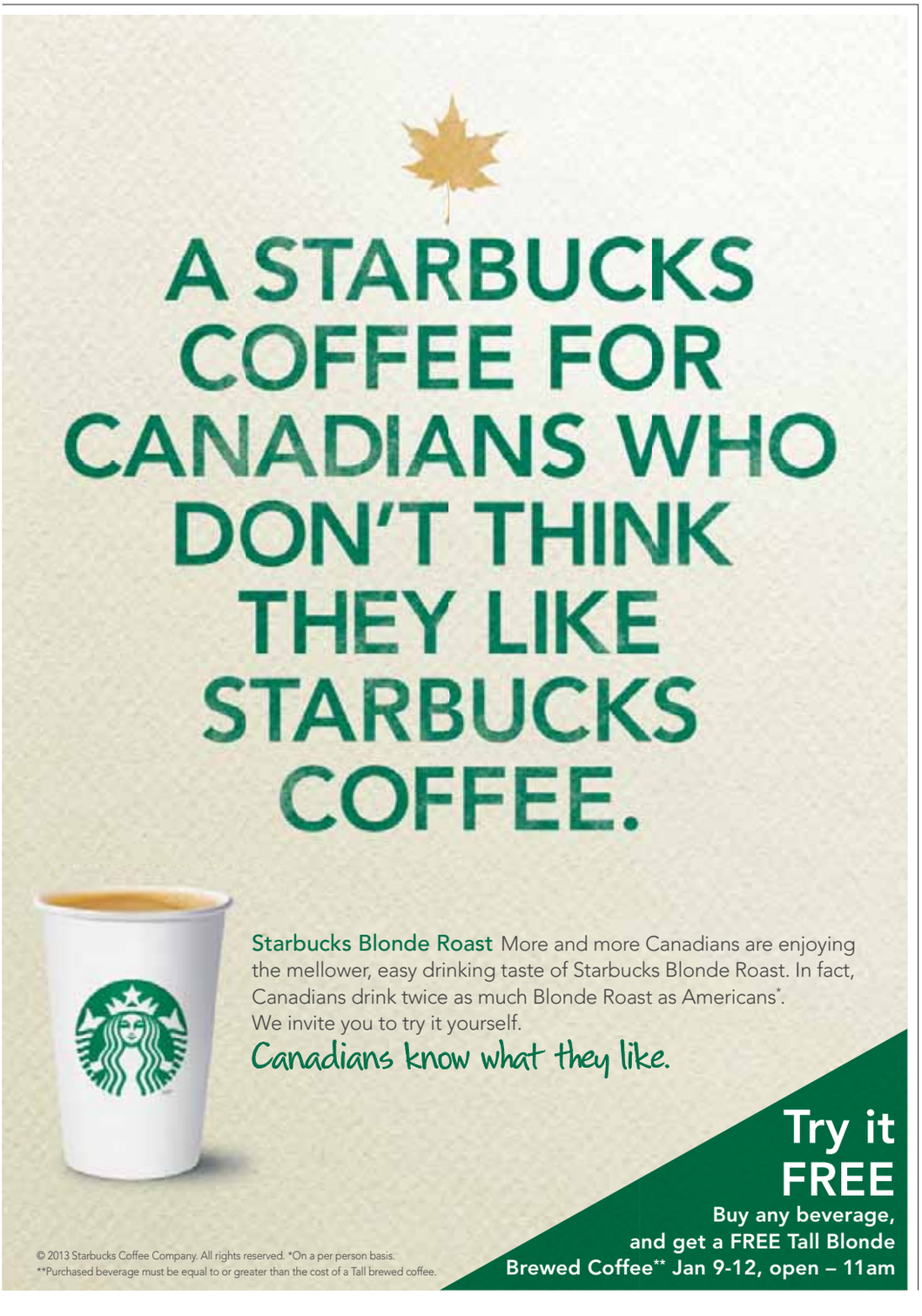
"For the last six years, it's been under a thousand, and that is because there's not as many salmon coming in as (there) used to be," he said Tuesday. "Fish farms are really devastating to the wild salmon on the coast."

Last year, there were 655 eagles and 2011 saw a total of 627 eagles. Numbers have significantly declined from the all-time record of 3,769 eagles in 1994.

According to Froslev, the annual count and festival are significant because it serves as a "scientific window" and also brings awareness for the conservation of bald eagle habitat.

PHYLICIA TORREVILLAS/METRO

Though this year saw the highest bald-eagle count since 2010, the numbers have been declining overall. JEFF HODSON/METRO FILE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Norovirus. Clean hands the best defence against new strain, officials say

Outbreaks of the norovirus have people around B.C. retching, and there's no sign that the spread of the nasty virus will slow down this winter.

Health officials say people are getting sick because they don't have any immunity to the new strain of the gastrointestinal virus that's temporarily closed hospital wards.

Fraser Health Authority spokeswoman Tasleem Juma said Tuesday that enhanced cleaning protocols are being used in health-care facilities where the virus has struck, and that officials expect it to continue making the rounds across the province.

Juma said the Sydney strain of the virus isn't any worse than strains from previous years in terms of symptoms such as vomiting and stomach pain, which persist for up to 48 hours.

Officials say frequent hand washing is the best defence against the virus, and that the flu vaccine won't prevent it.

Lisa Thibault's five-year-old daughter was among several people at a New Year's Eve party who became ill and spent the next day vomiting before passing the virus on to her.

"She vomited all night, from about 3 o'clock in the morning to noon the next day, until she pretty well emptied her stomach."

The next day it was Thibault's turn to vomit and clutch her upset stomach.

"What I tell people is make sure you take time off work, don't go in when you're sick, don't spread it around any more than it has to be spread and if you've got kids in daycare take them home."

THE CANADIAN PRESS

Infecting the party

Thibault said the New Year's party hostess sent out a notice on Facebook to everyone who attended the festivities, saying she, her children and several others had become ill with what appeared to be norovirus, not food poisoning.

Icy conditions

Two killed in North B.C. crashes

Slippery winter roads are blamed for two deadly accidents in Northern B.C.

The first occurred yesterday morning on Highway 16 between Prince Rupert and Terrace when a westbound transport truck jackknifed and was hit by an oncoming truck, killing the unnamed driver of the second vehicle.

Just hours later, a logging truck and pickup collided on the Finlay Forest Service road north of Mackenzie, killing one person.

There is a travel advisory in effect for a 90-kilometre section of Highway 16, around Terrace.

CKPG, CFTK/THE CANADIAN PRESS

5.5 magnitude

Another quake hits west coast

There's been yet another earthquake off the west coast.

This one had a magnitude of 5.5 and struck at 10:45 a.m. off Alaska, about 160 kilometres northwest of Dixton Entrance on the Alaska-B.C. border.

The quake did not generate a tsunami and is the latest in a series that have been rattling the coast since last October.

On Saturday, the same area was struck by a 7.5-magnitude earthquake that prompted a tsunami warning along the Alaska and B.C. coasts, but the alert was later cancelled.

THE CANADIAN PRESS

Pool-cue stabbing.
International student to face trial by judge only

A trial date has been set for an international student studying in Kamloops after a fellow student was stabbed in the eye with a pool cue.

Kamloops RCMP say that the alleged incident occurred last November at a city nightclub.

The victim, a 28-year-old Saudi Arabian national, suffered brain damage.

He is believed to be recovering in Kamloops, although Mounties say they have only been in contact with his family through the Saudi embassy.

Twenty-six-year-old Yousef Almotairi, who is also from Saudi Arabia, is charged with assault with a weapon and aggravated assault.

He has been ordered to return to B.C. Supreme Court in Kamloops on July 22, for a trial by judge alone.

THE CANADIAN PRESS

Cops need tips

6 guns stolen from Okanagan resort

RCMP in Osoyoos are looking for suspects after six guns were stolen from a storage-room gun safe at an Okanagan-area resort.

Thieves broke into the Casa Del Mila Oro Resort on Dec. 28. They escaped with three shotguns, three handguns and some tools.

Mounties are asking for anyone with info about the heist to come forward.

CKFR/THE CANADIAN PRESS

Schmunk's out

Tofino to elect new mayor

Tofino will elect its new mayor later this month. The district has set Jan. 26 as voting day to replace former mayor Perry Schmunk, who announced his resignation in November. Two candidates are seeking the job.

Their term will run until December of next year, when municipal elections are held across B.C.

THE CANADIAN PRESS

Vancouver traffic just as bad as Los Angeles: Report

Traffic comes to a standstill on the Interstate 405 freeway in Los Angeles.

KEVORK DJANSEZIAN/GETTY IMAGES

Congestion. Ironically, we're also aiming to be the greenest city in the world by 2010

PHYLICIA TORREVILLAS
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Vancouver has the most congested traffic in Canada for a third time in a row, according to a report released Tuesday by a GPS manufacturing company.

TomTom's congestion index measured traffic congestion in 57 metropolitan areas in North America with a population of more than 950,000.

The report found that Vancouver's traffic congestion is just as bad as in Los Angeles (both had an "overall congestion level" of 34 per cent). San Francisco, Honolulu and Seattle round out the top five.

Metro Vancouver's congestion between July and September increased by one per cent, making Vancouver — a city working towards becoming the greenest city on earth by 2020 — equal to L.A.

According to the company, travel times in Metro Vancouver during that period are 34 per cent longer during peak times than when traffic is flowing freely and 69 per cent longer during evening rush hour.

Mondays are the best traffic days for motorists, while Thursdays bring the most headaches to Metro Vancouver motorists, the report says.

The report also found that an average driver with a 30-minute commute is delayed 83 hours per year.

Worst for driving

The top five congested North American cities between July and September 2012:

1. Los Angeles (34 per cent)
2. Vancouver (34 per cent)
3. San Francisco (33 per cent)
4. Honolulu (31 per cent)
5. Seattle (27 per cent)

Watchdog tries to rein in Internet-surveillance bill

Your privacy. Public outcry may force Tories to find a compromise over bill that will let police and others access your computer

"Hands off our computer keyboards," protesters say, but the federal government has other ideas. Now the federal privacy watchdog is trying to find "middle ground between security and privacy." JONATHAN HAYWARD/THE CANADIAN PRESS

Broad powers

The Harper government's plans for Bill C-30 shocked Internet users all over Canada.

- **What privacy?** The legislation would give police, intelligence and Competition Bureau officers access to Internet subscriber information — names, addresses and phone numbers — without a warrant.
- **Watch your words.** It would also require service providers to let police intercept messages and conversations.

An intense public outcry over the Conservative government's blockbuster bid to bolster Internet-surveillance powers may be paying off.

The federal privacy watchdog has jumped into the fray to try to help the Tories find a compromise.

The watchdog proposes new procedures that will, yes, give police and spies key information about Internet users.

But it's striving to retain the principle of judicial oversight, a memo obtained under the Access to Information Act shows.

The internal memo reveals assistant privacy commissioner Chantal Bernier asked University of Montreal law professor Karim Benyekhlef to "help find a middle ground between security and privacy."

Opponents of the bill say allowing authorities access to Internet-subscriber information without a court-approved warrant would be a dangerous infringement of privacy, because even that limited data can be revealing.

Benyekhlef, a former federal prosecutor, says the bill is inconsistent with the Charter of Rights because it allows warrantless access to subscriber information.

"There is tradition in Canadian law that the state must have a warrant before exercising its search or seizure powers," Benyekhlef said.

The government has indicated the bill would go directly to a House of Commons committee, skipping the usual second reading, to allow for amendments. But it has not yet resurfaced.

THE CANADIAN PRESS

Court fight. First Nations refuse to 'roll over and accept' two Tory bills

Two First Nations from Alberta are taking the federal government to court.

They claim they weren't consulted about Conservative omnibus budget legislation that makes significant changes to environmental protection and assessment.

The Mikisew Cree First Nation and the Frog Lake First Nation launched their legal challenge Tuesday in Ottawa.

"The rest of Canada should be with us in support and send a message to Stephen Harper and his government that what they're doing is wrong," said Chief Steve Courtoreille of the Mikisew Cree First Nation.

"They can't ram bills down our throats and expect us to roll over and accept it, because this is going to affect our future, affect the future of all of Canada."

The two First Nations want a judicial review of parts of Bill C-38 and Bill C-45, focusing on changes to the Fisheries Act and the Navigable Waters Protection Act.

THE CANADIAN PRESS

Cold comfort? Global warming blamed for hottest year on record

Government meteorologists say 2012 was by far the hottest year on record in the United States.

The average temperature was over 55 F or 12.78 C, a full degree Fahrenheit warmer than the previous record of 1998. Normally, temperature records are broken by about a tenth of a degree.

Scientists blame the heat on global warming and weather variations. That includes the drought that gripped almost two-thirds of the nation.

July was also the hottest month on record.

The tally was released Tuesday by the National Climatic Data Center.

U.S. temperature records go back to 1895. They're based on reports from more than 1,200 stations across the Lower 48 states.

THE ASSOCIATED PRESS

Yes, they're 'Indians,' Canadian court rules

The federal government's responsibilities for aboriginal peoples just got a whole lot bigger.

After more than 13 years of legal wrangling, the Federal Court ruled Tuesday that Métis and non-status Indians are indeed "Indians" under a section of the Constitution Act and fall under federal jurisdiction.

The decision helps to clarify the relationship between Ottawa and more than 600,000 aboriginal people who are not affiliated with specific reserves.

"This is huge," said Betty Ann Lavallee, national chief of the Congress of Aboriginal Peoples.

"It ends the denial of aboriginal birthrights that has existed for far too long among off-reserve Métis and non-status Indians.

"Today is a very emotional day for me and a very hopeful day for all off-reserve aboriginal peoples."

Federal Court Judge Michael Phelan wrote in a ruling that "the recognition of Métis and non-status Indian as Indians ... should accord a further level of respect and reconciliation."

While the decision does not go so far as to declare that the federal government has a fiduciary responsibility to the group, it says such duties would flow automatically now that their standing has been clarified.

"There is no dispute that the Crown has a fiduciary relationship with aboriginal people both historically and pursuant to Section 35 (of the Constitution)," Phelan writes.

The Congress of Aboriginal Peoples and several Métis and non-status Indians argued they are entitled to some or all of the same rights and benefits as on-reserve First Nations members.

They say that includes access to the same health, education and other benefits Ottawa gives status Indians and being able to hunt, trap, fish and gather on public land.

THE CANADIAN PRESS

National Chief Betty Ann Lavallee, pictured after the ruling, said: "Today is a very emotional day for me and a very hopeful day for all off-reserve aboriginal peoples." ADRIAN WYLD/THE CANADIAN PRESS

Quoted

"This is going to require a lot of bureaucratic re-thinking and policy development."

Robert Janes, a Victoria lawyer who focuses on aboriginal issues

911 call

Help! Hamsters are invading

A hamster invasion is no emergency, say RCMP in Coquitlam, B.C., who are reminding callers how to use the 911 line.

Const. Jamie Chung said an angry man called 911 after buying a hamster that gave birth to a litter of 10. He said the man was upset because the store refused to give him a refund.

Chung says the call-taker explained the 911 line isn't there to settle consumer disputes and talked the man out of dropping the brood off in the Mounties' parking lot.

THE CANADIAN PRESS

Chemical courtship

Wasps 'go steady' by playing tag

Biologists say fast-flying male wasps use smooth moves to build harems of female lovers.

Simon Fraser University researchers say the tiny insect Lotharios use their antennae to tag a female's antennae with a potent pheromone.

And this chemical substance tells other male wasps the lady is taken.

THE CANADIAN PRESS

Storm aftermath

Daredevil a red flag for police

Police have detained a man who apparently climbed New Jersey's Jet Star Roller Coaster, which was swept into the ocean during October's superstorm Sandy, and unfurled a U.S. flag.

Reports say Christopher Angelo, 38 — a bit of a daredevil, according to his mom — wanted to raise awareness over storm recovery.

THE ASSOCIATED PRESS

Is this art?

Nude man a hot sight on icy lake

A Halifax RCMP officer was confronted with an arresting sight: a naked man on a frozen lake.

In fact, there were two people on the ice, said Cpl. Scott MacRae. The officer saw the "middle-aged naked man and a woman in her 20s taking pictures of him" for an art project, MacRae said.

The officer told them their behaviour was unsafe because of weak ice, and they apologized. No charges were laid.

METRO IN HALIFAX

Anglers land big marlin, big cash, big court battle

883-pound marlin, $910,000 prize.
Fishermen from N.C. head to Supreme Court over fishing licence

Andy Thomossan, left, and Eric Holmes stand next to their record-breaking marlin in Morehead City, N.C. CHRIS MILLER/THE ASSOCIATED PRESS FILE

Four hours after the charter boat Citation left dock on the Outer Banks to compete in a rich deep-sea fishing tournament, crewmembers were in the fight of their lives. Something huge was hooked about 43 kilometres off the North Carolina coast.

Five hours later they hauled up a monster: an 883-pound blue marlin. They knew the torpedo of muscle would mean a huge payday in the 2010 Big Rock Blue Marlin Tournament.

But their luck soured. The boat's owners landed in a fight for the $910,000 prize that continues Tuesday in North Carolina's Supreme Court.

Tournament officials disqualified the Citation's crew because the first mate, Peter Wann of Alexandria, Va., did not have a $30 North Carolina fishing licence.

The court must also decide if the friendship between a lower-court judge and the attorney representing the second-place boat affected the initial ruling.

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Syrian civil war. Winter storm brings true misery to Jordan refugee camp

A winter storm is magnifying the misery for tens of thousands of Syrians fleeing the country's civil war, turning a refugee camp into a muddy swamp where howling winds tore down tents and exposed the displaced residents to freezing temperatures.

Some frustrated refugees at a camp in Zaatari, where about 50,000 are sheltered, attacked aid workers with sticks and rocks after the tents collapsed, said Ghazi Sarhan, spokesman for the Jordanian charity that helps run the camp.

Life at the Zaatari camp in Jordan. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Refugee Fadi Suleiman worried that the conditions could "kill children and old people" and were "worse than living in Syria." THE ASSOCIATED PRESS

Aid. World Food Program unable to feed about a million hungry Syrians

The World Food Program said Tuesday it is unable to help an estimated one million Syrians who are going hungry, blaming a lack of security in the war-stricken country.

This month, the agency aims to help 1.5 million of the 2.5 million Syrians whom the Syrian Arab Red Crescent says need food aid, spokeswoman Elisabeth Byrs said.

The poor security and the agency's inability to use the Syrian port of Tartous for shipments means that a large number of people in some of the country's hardest hit areas will not get help, she said.

She also said that the agency has temporarily pulled its staff out of its offices in the Syrian cities of Homs, Aleppo, Tartous and Qamisly due to the rising dangers in those areas. THE ASSOCIATED PRESS

Poland

Artist claims he used Holocaust ashes in painting

Polish prosecutors have opened an investigation into a Swedish artist's claim that he used the ashes of Holocaust victims to make a painting.

The artist, Carl Michael Hausswolf, wrote on the website of a gallery in Lund, Sweden, last year that he made a painting using ashes that he took from crematorium furnaces in Majdanek, a former Nazi death camp located in eastern Poland, on a visit there in 1989.

Spokeswoman Beata Syk-Jankowska said Tuesday that local prosecutors have opened an investigation to check whether there is truth to his claim.

If so, he could be charged in Poland with desecrating human ash or a resting place. THE ASSOCIATED PRESS

Smoke rises behind the village of Numeralla in New South Wales on Tuesday. Temperatures reached 45 C in some areas. ROD MCGUIRK/THE ASSOCIATED PRESS

Wildfires consume rural Australia

'Catastrophic' alert. No deaths have yet been reported, but around 100 people are still missing

Perfect storm

"You don't get conditions worse than this."
New South Wales Rural Fire Service Commissioner Shane Fitzsimmons

Firefighters battled scores of wildfires Tuesday in southeastern Australia as authorities evacuated national parks and warned that hot, dry and windy conditions were combining to raise the threat to its highest alert level: catastrophic.

Temperatures soared to 45 C in some areas.

No deaths have been reported, although officials in Tasmania were still trying to find about 100 people who have been missing since last week when a fire tore through the small town of Dunalley, east of the state capital of Hobart, destroying around 90 homes. On Tuesday, police found no bodies during preliminary checks of the ruined houses.

Wildfires are common during the Australian summer. The combination of soaring temperatures and dry, windy conditions since Friday have sparked fires that burned 20,000 hectares of forests and farmland across southern Tasmania.

In New South Wales, Australia's most populous state, the fires scorched more than 30,000 hectares. All state forests and national parks were closed as a precaution and total fire bans were in place. THE ASSOCIATED PRESS

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Ready for action: an assault rifle made with printed parts. CONTRIBUTED

3D printing threatens U.S. gun reform

Armed. Company produces parts likely to be banned by pending gun-control plans

KIERON MONKS
Metro World News

After the tragedies of Sandy Hook and Aurora, the U.S. government is preparing to introduce stricter guidelines on gun ownership. But supporters of the Second Amendment could get around them by printing their own firearms at home.

The technology is still developing, but 2012 saw the first shots fired from guns with printed parts. "Gun hacking" has a growing community in online forums and has become serious business.

"I have five people now making AK-47 magazines — they're incredibly easy to reproduce," Cody Wilson, CEO of the Defense Distributed company in Texas, told Metro. A firm believer in the right to bear arms, Wilson is deliberately producing parts for assault weapons likely to be banned by new controls.

"(U.S. Vice-President) Joe Biden's group are using the assumption that if you control the channel, you control the product — but that is not the case anymore," says Wilson.

His company has made open-source code for over 30 gun parts available online and claims they receive thousands of downloads a day.

The printed guns are not a finished product. "At this point, the biggest problem is the force of explosion in the chamber," Kevin Coleman, military technology analyst, told Metro. But the U.S. military has begun to outfit its mobile labs with 3D printers to replace parts, and Coleman believes "further down the line you could produce a weapon that way."

So how could the weapons be controlled? Government can't intervene effectively, says Michael Weinberg, an attorney specializing in emerging technologies. "When you apply anger over gun control to a general-purpose technology, there's a lot of collateral damage," he said. "We don't know enough about 3D printing to legislate the future."

Giffords to fight U.S. gun lobby

The former U.S. congresswoman who was shot in the head two years ago launched on Tuesday a national effort against gun violence, saying she and her husband will work to counter the country's strong gun lobby, the NRA.

Gabrielle Giffords' effort comes as the Obama administration faces a self-imposed deadline at the end of this month to propose ways to curb the mass shootings and other violence that continue to grip the country. The administration this week is calling gun-owner groups, victims' organizations and representatives from the video-game industry to the White House for discussions.

The sense of urgency comes after a young man with a high-powered rifle, legally purchased by his mother, shot 20 young children and six adults to death at a school in Connecticut last month. President Barack Obama called the shooting the worst moment of his presidency.

One top Republican has warned that action on gun violence will be pushed back due to debate over fiscal issues.

Giffords, who has owned a Glock pistol, and her husband, former astronaut Mark Kelly, are becoming prominent voices for gun-control efforts. They wrote in an opinion piece published in USA Today that their Americans for Responsible Solutions, a political action committee, would help raise money to support greater gun-control efforts.

THE ASSOCIATED PRESS

Former Rep. Gabrielle Giffords
GETTY IMAGES FILE

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Real estate market 'still relatively solid'

Mortgage lending.
Country's top bankers tell conference that pullback is limited to certain markets

Canada's real estate market remains "relatively solid" and should experience a "soft landing" despite the current slowdown and fears of overbuilding in the condominium segment, the country's leading bankers said Tuesday.

Speaking to a RBC banking conference in Toronto, the country's top bankers said they don't expect a dramatic downturn like the one in the United States about five years ago.

The bursting of the U.S. housing bubble is considered a major cause of the credit crunch that swept Wall Street and then the global economy in the fall of 2008, after interest rates on sub-prime mortgages rose and defaults soared.

By contrast, sub-prime mortgages have been less common in Canada and real estate prices have trended upward for the most part — except for a few months during the 2008-09 recession and in some economically disadvantaged areas.

"Our expectation is that the overall real estate market in Canada is still relatively solid," Royal Bank CEO Gord Nixon said. Despite reports that suggest Canadian housing is in crisis, he said the pullback is limited to a couple of markets, notably Vancouver. "We have seen a slowdown in sales and we've certainly seen a slowdown in mortgage demand but price levels are relatively stable." THE CANADIAN PRESS

Market Minute

DOLLAR 101.35¢ (-0.10¢)

TSX 12,504.81 (+5.26)

OIL $93.15 US (-4¢)

GOLD $1,662.20 US (+$15.90)

Natural gas: $3.22 US (-5¢)
Dow Jones: 13,328.85 (-55.44)

Amid Spain's turmoil, a ray of hope

Health workers protest against austerity measures outside a hospital in Pamplona, northern Spain, on Tuesday. Amid the country's economic turmoil, there's news that its borrowing costs have dropped sharply from unsustainable highs last year. Spain's Treasury says it plans to borrow €230 billion (about $300 billion) in 2013, down from €250 billion last year, and is expecting to pay lower interest rates than those that battered the country in 2012. ALVARO BARRIENTOS/THE ASSOCIATED PRESS

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DOES THE NHL THINK WE'RE ALL CHUMPS?

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

Are you ready for some hockey?

You've probably been ready since last September, but the NHL does not care.

The NHL does care about salary caps, revenue sharing, pension plans, free agency and all the other arcana of the hockey business, so much so that they shut the whole show down for 113 days to eliminate distractions.

Message to fans: Not now, not now. Can't you see we're talking about bidness?

So now an agreement between the players and the owners has been struck and arenas across North America should be open for business on Jan. 19.

Hockey's back. The question is: Do you care?

The answer is easy: Of course you do. You grew up on skates. You live and die by the fortunes of your team. You personally identify with your favourite players, from Ryan Kesler to Ryan Nugent-Hopkins to … someone … on the Toronto Maple Leafs roster, I'm sure.

Send in the clowns

The NHL has your number. It owns your hockey soul, and when the gates swing open next Saturday, the NHL expects you to be there, all decked out in the jersey of your favourite multi-millionaire and your foam finger.

You care so much it hurts. It hurts when the game takes your heart and slams it into the boards. This is the second NHL lockout in the last decade. Last time, like an abused spouse, you came back, hoping it would be different. It's not different. Are you going to come back this time?

Of course you are.

The NHL has your number. It owns your hockey soul, and when the gates swing open next Saturday, the NHL expects you to be there, all decked out in the jersey of your favourite multi-millionaire and your foam finger.

And you will be there, because the NHL is the only game that matters. Hockey's entire culture, built on a base of suburban rinks and small-town arenas, fuels the NHL, where the 690 best players on Earth do their thing. If you're watching the Oshawa Generals, it's to spot future NHL stars. If you're watching the Abbotsford Heat, it's only because a real NHL pro is passing through or falling in. If you're watching the Spengler Cup, you're watching a reshuffle of the NHL deck.

They have you where they want you. Which is why they can take you for granted and shut the league down while they haggle over the salary cap or whatever. They know you'll be there, nose pressed to the Plexiglas, when they decide it's time.

A word about "you." You are not a resident of Tampa Bay, Fla., U.S.A. You are Johnny Canuck from Moose Jaw or Moosonee. You know that whatever happens in Miami or Minsk, hockey is your birthright. No one else in the world cares the way you care.

If that makes you a chump, then so be it. At least now there's hockey.

On the web

Talk about this article on metronews.ca.

Catch a tiger by the flail

ASHLEY VINCENT/NATIONAL GEOGRAPHIC PHOTO CONTEST

Prize capture

Tigress in water photo wins big

An Indochinese tigress named Busaba shakes herself dry after a swim at Khao Kheow Open Zoo in Chonburi, Thailand. The Explosion! by Ashley Vincent, 49, a British wildlife photographer based in Thailand, shook off the competition of more than 22,000 entries to win the 2012 National Geographic Photography Contest. METRO WORLD NEWS

Equipment used

- Canon EOS 7D with a Canon EF 70-200mm f/2.8L IS MK II USM lens.

Q&A with photographer Ashley Vincent

'An explosion of water droplets'

How did this photo come about?
My family and I were showing my mother-in-law around the zoo. She wanted to see some tigers, so we made our way over to Busaba, who at the time was being fed slivers of fresh meat. I'd never taken much interest before in watching this — it's more for the benefit of visitors to Thailand — until one piece Busaba had caught hold of slipped and fell into the pool. She dived in to retrieve it and, as she re-emerged, shook herself dry with an explosion of water droplets, and in an instant I had a cartoon light bulb appear above my head!

For you, what message is revealed in this image?
This is just one moment when this animal is so engaged in natural behaviour that any melancholy thoughts we may have, like animals in captivity, are expelled from our minds. It's freedom from thought.

Any advice for budding photographers?
For all the money I've spent travelling around in Asia and Africa to (photograph) wild animals, ironically this winning image I captured was taken about 30 minutes away from my house. I believe a tiger, for example, in captivity can be every bit as amazing and gorgeous as a tiger in the wild. So as wonderful as "wild" animal photography can be, until such a dream opportunity comes along, don't feel in any way disadvantaged because the only alternative you may have is to photograph captive animals.
METRO WORLD NEWS

That's entertainment?

All not right as Rain in S. Korean army

South Korea's defence ministry has decided to confine pop star Rain to his base for a week for meeting with an actress while on duty.

The penalty is the lightest a South Korean soldier can face. Paparazzi photos recently showed Rain with actress Kim Tae-hee when he wasn't allowed to have private meetings while outside his base for official duties such as recording and performing.

Rain is fulfilling his two-year mandatory military service as an "entertainment soldier." His meetings with Kim raised suspicions that the military was coddling popular entertainers with special favours because they help enhance its image. Officials deny it.

Time magazine named him one of the world's 100 most influential people in 2011. THE ASSOCIATED PRESS

Metropolitan Panel

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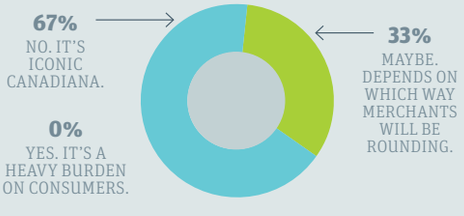
Should the nickel follow the penny into retirement?



Twitter

@sportsnetmurph: I'm hearing former #blackhawks #wild #oilers d-man Cam Barker may get a try out at #canucks training camp to earn a 7 or 8 blueline spot.

@WinnieYeo: Crossing the dangerous streets of #Vancouver. I survived another day.

@ThomasDrance: The lockout was one thing, but not having a #Bruins game on the #Canucksschedule? That's a low-bridge too far.

@ColtonLHaynes: Gettin one last hike in before I fly to Vancouver tonight

@graciestyle: Just wondering if all Metro Vancouver schools (school districts) are watching for Norwalk symptoms? Or just few?

metro

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SCENE 2

In Focus

Hoping for more award success

IN FOCUS
Richard Crouse
scene@metronews.ca

Zero Dark Thirty is billed as "the story of history's greatest manhunt for the world's most dangerous man." It's a carefully plotted espionage tale that flows from the clues that lead to the death of Osama bin Laden at the hands of the Navy SEAL Team 6 in May, 2011 and it will very likely earn its director, Kathryn Bigelow, an Academy Award nomination.

It won't be the first time the Academy has honoured her. In fact, she's one for the record books. Her last film, The Hurt Locker, was a huge critical hit and made her the first woman to win best director awards from the Academy Awards, the Directors Guild of America, the BAFTAs and the Critics' Choice Awards.

It was her first serious awards recognition, but it wasn't her first film. At age 61 she is a veteran with nine features, hours of television and music videos for bands like New Order to her credit.

Critic Jon Popick called her first film, 1982's The Loveless, "a slightly hallucinatory homage to The Wild Ones," which means it's a surreal outlaw biker film, one part tribute, two parts reinvention.

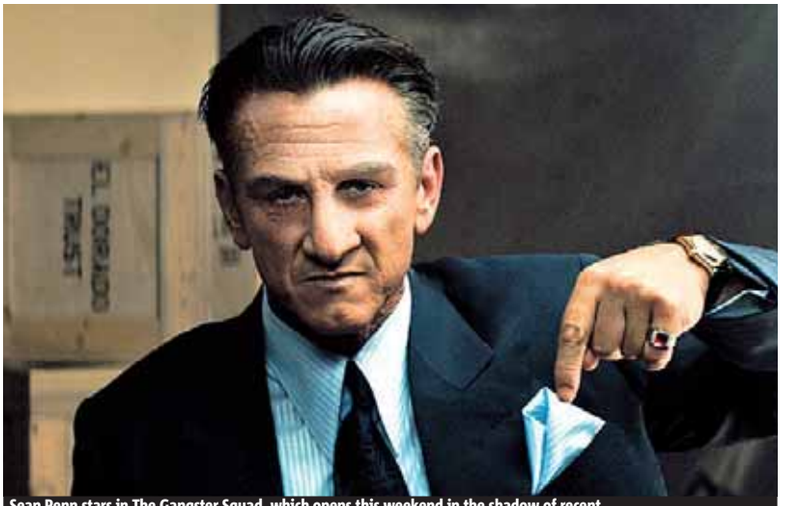
A trilogy of action films — Blue Steel, Point Break and Strange Days — saw her blend themes that redefined the genre of the movies.

"When you have this great social tool, at the very least, take advantage of it as a means to communicate."

Movie violence in a gun sensitive period

Industry issues. The Gangster Squad and The Last Stand filmmakers respond to shootings

NED EHRBAR
Metro World News



Sean Penn stars in The Gangster Squad, which opens this weekend in the shadow of recent gun violence in the U.S. HANDOUT

The recent high-profile U.S. shootings — most notably in a movie theatre in Colorado in July and an elementary school in Connecticut just before Christmas — have brought attention back to gun violence in popular culture. It's an issue the people behind two of this month's more bullet-ridden releases have had to grapple with while promoting their films.

"It's obviously something that's affected all of us. I don't think anybody has spent the last few weeks not thinking a lot about that, but this is fantasy and that's reality," says Lorenzo di Bonaventura, producer of the Arnold Schwarzenegger shoot-em-up The Last Stand, out later this month. "I think we need to figure out reality, and fantasy always follows reality. I'm not a politician, so I'll stay off my point of view, but it's clearly something that all of us have a great deal of respect for what those people have suffered, and we don't look at this as part of that. They're two different things."

One film that's been even more closely linked to recent tragedy is Gangster Squad, about police going to war with a ruthless criminal in 1940s L.A. Originally, the film featured a scene depicting mobsters opening fire on a movie theatre full of patrons, but Warner Bros. quickly decided to cut the scene and postpone the film's release following the movie theatre shooting in Aurora, Colo.

"The Aurora shooting was an unspeakable tragedy, and out of respect for the families of the victims, we felt it necessary to reshoot that sequence, and I'm proud of the fact that I did that," director Ruben Fleischer says. "I think that we should all respect the tragedy and not draw associations to our film as a result of ... I mean to these types of tragedies."

While producers and directors might be careful with their statements, their stars are much more willing to spout off on the topic. Gangster Squad star Josh Brolin thinks connecting violence onscreen to violence in real life is a misguided oversimplification.

"You have to look at the grand scheme of things, from a universal standpoint," Brolin, who fires his fair share of rounds in Gangster Squad, says. "You have video games, you have psycho-pharmaceuticals, you have lowest employment, you have parents that aren't at home. You have CNN who gloms on to the worst of what's going on and not necessarily the best or the most heroic. So, there's many different factors. There's always been violence in movies and there always will be violence in movies. Whether it leads to the one psychotic that's out there that's thinking the worst thoughts you can possibly think is always going to be a mystery, I think."

Quote

"If there is a problem there, let's analyze it. Let's not jump to conclusions, let's analyze"

Arnold Schwarzenegger
Talking about America looking at new gun laws to prevent recent attacks.

Schwarzenegger agrees that scapegoating entertainment is a mistake.

"It's two different issues. This is entertainment, and the other thing is a tragedy beyond belief and it's serious and the real deal," he says, referring to the shooting in Newtown, Conn.

The former governor of California, who's no stranger to hot-button issues, already sees plenty of areas that need investigating.

"How can we do better with gun laws? If there is any loophole, if there is a problem there, let's analyze it. Let's not jump to conclusions, let's analyze," he says.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

Romance fades as Swift's ex parties with Branson

Taylor Swift's fledging romance with One Direction member Harry Styles appears to be over, as Swift left their romantic getaway to the British Virgin Islands early after a reportedly heated argument with Styles, according to Business Insider.

But while photos of Swift looking glum and lonely on her trip back hit the Internet, Styles apparently wasn't too broken up about the break up.

"Richard Branson heard Harry was staying nearby so invited him to come check out Necker (Island)," a source says. "So when Taylor left for the states, Harry went to Branson's island for the day to let off some steam. He did plenty of partying and was definitely enjoying himself while hanging out with guests. He returned to Virgin Gorda in the early morning hours looking like he had a raucous night."

Twitter

@Rosie
Watching the biggest loser makes me want to eat cheesecake

@rosemcgowan
I slept from Saturday night at 2 am to Monday at noon.

@TheRealRoseanne
hey @JustinBeiber -we will give up our joints when they pry them out our cold dead fingers!

@AlbertBrooks
Dear United States: Please don't make a trillion dollar coin to get out of your problems.

The Word

Bieber hashtag encourages fans to cut themselves

KIERON MONKS
Metro World News

Late Monday evening, Justin Bieber was trending on Twitter. Hardly new for the tween icon, but this was a darker episode, with the hashtag #cuttingforBieber used by young fans to offer blood sacrifices to their hero.

"Beliebers" participated in a campaign of self-harm in response to a weekend picture that appeared to show Bieber smoking marijuana. Hundreds of images of slashed arms, some obviously fake, some disturbingly real, flooded the social network. "Why did you do this @justinbieber You broke my heart," one user posted above a graphic image of the user's injuries.

The campaign was orchestrated by the 4Chan forum, popular with trolls, and plans can be seen on the website. "Lets see if we can get some little girls to cut themselves," a member wrote, and fake pictures were seeded to encourage the trend.

The horrific episode was picked up by celebrities, including singer and friend of Bieber, Miley Cyrus. "Cutting is NOT something to joke about.

There are people who are actually suffering from self-harm, this is so disrespectful," the star tweeted.

Bieber fans are known for their zeal and the "Bieber fever" phenomenon has been studied by psychologists. Two fans were arrested in December for plotting to castrate and murder the Canadian singer.

Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne learning to ignore taunts

Kelly Osbourne has worked hard to slim down, but she's learning the hard way that for some naysayers, nothing she does is good enough. "I'm the thinnest I've ever been and the healthiest I've ever been. The totally insane thing is that I'm a U.K. size four to six and people still say I'm fat," she tells Fabulous magazine. "I get called fat all the time. A big fat whore." What's most surprising is that much of the vitriol comes from fans of one of the biggest opponents of bullying and negativity. "Lady Gaga's fans are the worst," Osbourne says. "They've said I should kill myself, that they hope I get raped. I mean, it's crazy but I've had this all my life and I just try and ignore it."

Second split for Cooper and girlfriend?

Bradley Cooper and Zoe Saldana, who never confirmed they were dating, have reportedly broken up for a second time, according to Page Six. The pair are said to have initially dated for three months early last year after filming The Words together and then got together again in September, but they went their separate ways once more before the holidays. "Zoe had planned to spend the holidays with Bradley and his family in Europe. They all were going to Paris, but things didn't work out between them. Zoe spent New Year's Eve with friends in Miami," a source says. "If Zoe was upset over the split with Bradley, she didn't show it."

Bradley Cooper

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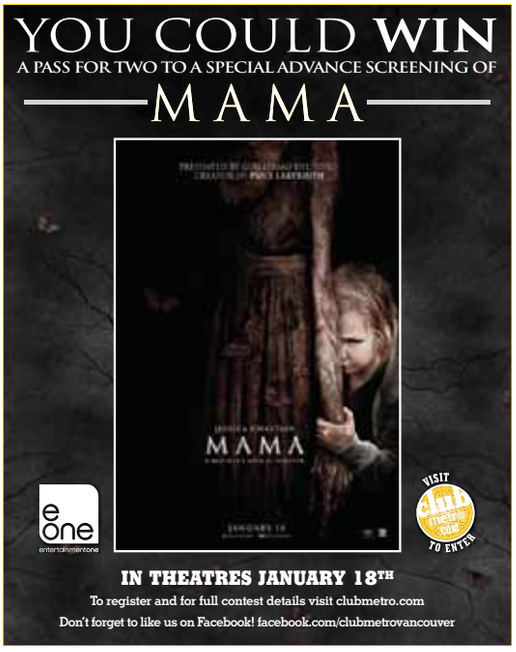
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ADD guided aurora borealis tour from $123.

Victoria Family Day
2 Nights 4-Star — from $74◊ pp
INCLUDES waterfront accom over Family Day. Price per person based on family of 4.

Harrison Hot Springs Valentine's Day
2 Nights — from $124 pp
INCLUDES accom near Harrison Lake.

Osoyoos Valentine's Day
2 Nights 4-Star — from $139 pp
INCLUDES one bedroom suite accom over Valentine's Day.

Tofino Valentine's Day
2 Nights 5-Star — from $444 pp
INCLUDES accom at Chesterman Beach.

Toronto Air + 3 Nights 4-Star — from $729
INCLUDES downtown accom near attractions. **UPGRADE** to 5-star accom from $19 per night. **ADD** Kensington Market tour from $36.

Quebec City Winter Carnival
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INCLUDES accom overlooking Grant Park. **UPGRADE** to 4-star accom from $26 per night. **ADD** city pass discount attraction card from $88.

New Orleans
Air + 4 Nights — from $759
INCLUDES French Quarter accom. **UPGRADE** to 4-star accom from $15 per night. **ADD** jazz brunch buffet from $33.

New York Air + 3 Nights — from $849
INCLUDES Manhattan accom. **UPGRADE** to 4-star accom from $23 per night. **ADD** Empire State Building entry from $21.

Las Vegas

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The new links of Barbados are a hole-in-one for golfers

Swinging in the sun. From sugar cane meadows to Atlantic coastline, these courses put the island's terrain to good use

BRIAN KENDALL
canadiangolftraveller.com

Once reliant on a traditional sun, sand and sea tourism strategy, Barbados signalled its arrival as a major player in Caribbean golf with the 2009 launch of Apes Hill Club.

The gorgeous 7,150-yard layout, which dips and twists through lush jungle, an abandoned coral quarry and the reclaimed fields of a former sugar plantation, is the centrepiece of an exclusive new residential community offering views of both the Atlantic Ocean and the Caribbean Sea from a hilltop site near the lively community of Holetown.

Apes Hill joins posh Sandy Lane resort's two acclaimed 18-hole courses, as well as Royal Westmoreland Golf and Country Club, as the golf headliners of a popular island destination of remarkable contrasts — from the windswept Atlantic coastline to vast meadows of sugar cane to the serene waters of the Caribbean coast, the site of most of the resorts. The former British colony is renowned for its white-sand beaches, hospitable people (known as Bajans) and its refined atmosphere.

Barbados ignited its golf boom with the 1994 launch of Royal Westmoreland, a superb Robert Trent Jones Jr. design near the capital of Bridgetown. Officially opened by Prince Andrew — who wowed onlookers by splitting the fairway with his first drive — the 7,045 parkland-style layout offers breathtaking views of the Caribbean Sea with almost every shot.

Royal Westmoreland reigned supreme until 2004, when the celebrity-packed but ill-fated wedding of Tiger Woods at nearby Sandy Lane resort focused international attention on the ultra-exclusive property's new $25-million Green Monkey course. Designed by Tom Fazio, the 7,389-yard behemoth slowly builds drama through the first eight holes before startling golfers with a rapid descent into an abandoned quarry.

So spectacular is the design and seaside setting that the Green Monkey instantly became one of the world's must-play courses.

The only hitch is that access is restricted to guests of Sandy Lane, one of the Caribbean's priciest resorts. Sandy Lane does, however, offer public play on its other Fazio championship layout, the Country Club course, a lush parkland-style jewel, and on its nine-hole Old Nine course.

Apes Hill, the newest headliner, boasts a pedigree to rival even that of the Green Monkey. The project is a partnership between local entrepreneur Sir Charles Williams, whose family came from England to Barbados in the 1600s, and Landmark Land Company, the developer of such renowned golf properties as California's La Quinta Resort and Club and South Carolina's Kiawah Island Golf Resort. Wentworth Club, the famous English golf and country club, signed on to run the golf operation.

The golf course has created a buzz throughout the Caribbean. Designed by Jeff Potts and Chris Cole for Landmark, Apes Hill winds seamlessly through a rolling and still mostly wild landscape where green monkeys are often seen feasting on Barbados cherries, ackee and breadfruit.

Especially thrilling are the jungle holes, 11 to 14, a quartet enthusiastically described by Golf World magazine as "every bit as dramatic and invigorating" as Augusta National's Amen Corner.

Rounding out the island's roster of courses is Barbados Golf Club, an affordable and challenging 6,697-yard government-owned layout, and the player-friendly, nine-hole Rockley Golf Club. Barbados, after years of building golf courses, is ready to play.

The Green Monkey course at Sandy Lane resort is one of the world's must-plays. SANDY LANE HOTEL CO. LTD FOR SANDY LANE

Apes Hill is the newest addition to Barbados's golf offerings. APES HILL CLUB

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Silent Sanibel — the more laid back side of Florida

Island escape. This Gulf Coast locale is a welcome respite from the glitz and glam of Florida's more built up spots

Sanibel Island boasts quiet beaches void of springbreakers. THE ASSOCIATED PRESS

Visit the beaches on Sanibel Island, Fla., a Gulf Coast barrier island, and you're likely to see people doing the Sanibel Stoop. That's the term for the bent-at-the-waist posture used to collect seashells on Sanibel Island, which bills itself as one of the best shelling locations in the world.

The island also offers 24 kilometres of beach, 35 kilometres of bike paths and the largest undeveloped mangrove ecosystem in the country. While other beach destinations in Florida might attract partying spring breakers or glamorous fashionistas, Sanibel proves to be the perfect spot for a family looking for a quiet beach retreat at the height of spring break revelry. There was no nightlife, high rises, chain stores, fast-food burger joints, traffic lights or insects.

Even travel guru Arthur Frommer, who's seen more than a few beaches, has named it a favourite destination, calling it an "idyllic haven of white-sand beaches" with "thousands of birds of every species."

The first sign that you hit on something special comes soon after you land at the Fort Myers airport, where tourism kiosks hand out free pocket-sized Lonely Planet travel guides to the area.

The drive from the airport west to Sanibel generally takes less than an hour, but timing is everything. A toll bridge connects Sanibel to the mainland, and the morning rush hour heading on-island and evening rush hour heading off-island can add another 45 minutes onto the trip during high season, which begins mid-January and peaks mid-March through mid-April.

With as many as 30,000 people on the island during high season, biking is the easiest way to get around. But here's a tip: Friends don't let friends ride at night without lights.

Some hotels provide bikes for their guests and the bike rental shops on the island will deliver and pickup for a fee. It pays to shop around as prices vary. Beach equipment can also be rented.

Golf, tennis and fishing are also popular options on the island, but no trip here would be complete without two things: the beaches and the J. N. "Ding" Darling National Wildlife Refuge.

Over two-thirds of Sanibel is a nature reserve, with the refuge making much of it wonderfully accessible by car or bike. Take a 90-minute kayak tour through the mangrove, where you might catch a glimpse of a river otter. An assortment of the 230 species of birds on the island from anhingas to woodpeckers will keep you busy taking pictures, while knowledgeable guides point out horseshoe crabs, flying mullet and a water snake.

A pontoon boat tour will yield sightings of manatees and more birds.

The beaches themselves are lovely and far from crowded. The waves are gentle and it is shallow for a long way out, making it ideal for children. Other beaches, like Blind Pass, have stronger currents and aren't suitable for swimming.

THE ASSOCIATED PRESS

If you go...

- **Sanibel Island.** Located on the Gulf Coast of Florida. Nearest airport: Fort Myers. Sanibel Chamber of Commerce: sanibel-captiva.org.
- **Birding.** J. N. "Ding" Darling National Wildlife Refuge: fws.gov/dingdarling/
- **Shelling.** Tips to maximize your shelling: iloveshelling.com

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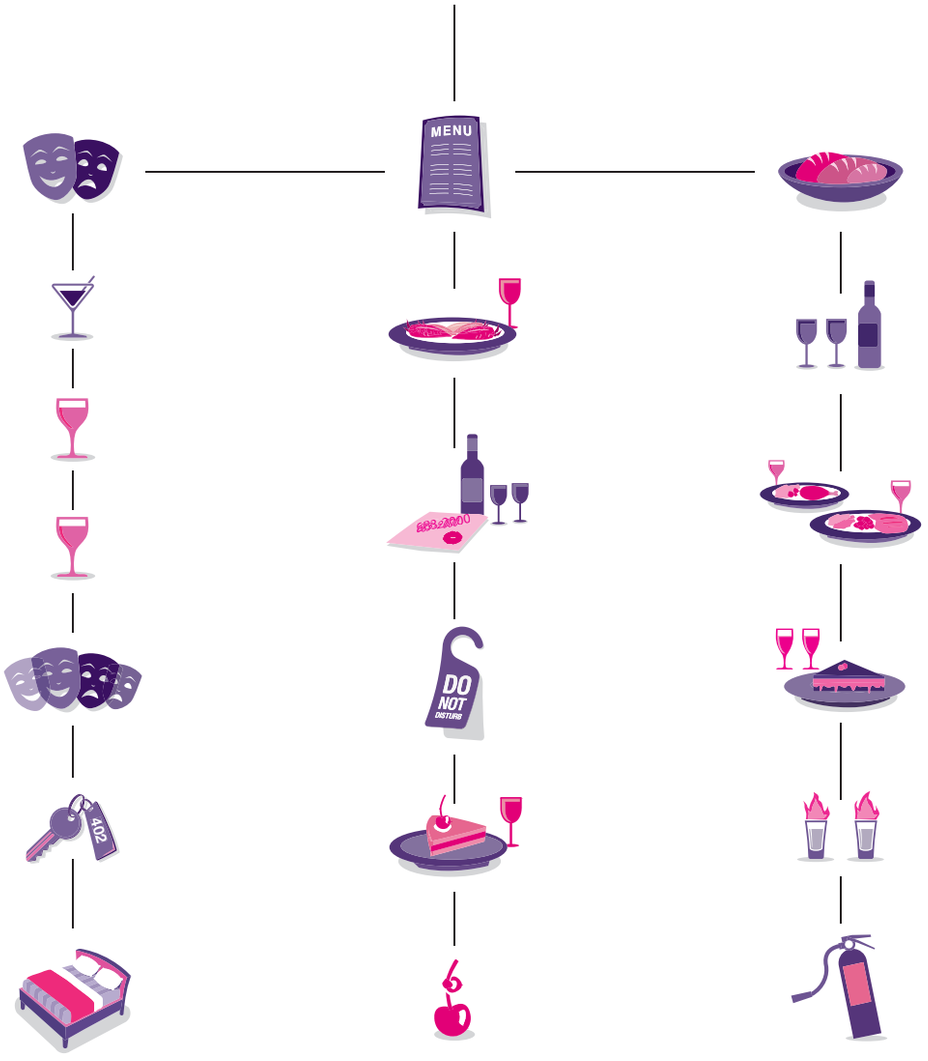

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This is your chance to connect with Vancouver's food scene. This year 240 of Vancouver's premiere restaurants are serving up a prix-fix menu of $18, $28, or $38, not to mention lots of BC VQA wine and Granville Island Craft Beer pairings, foodie events and hotel specials.

PLAY WITH YOUR FOOD - EVENTS

Over the 17 days of the festival, a delicious schedule of events gives festival-goers an opportunity to enjoy unique culinary experiences including dining adventures, food and cocktail tours, cabaret dinners, wine and beer tastings, street food markets and more.

DINNER AND A SHOW

From Burlesque and Drag cabarets, to Shakespeare re-imagined and a world premiere performance, each one of these unique performances are paired to a three-course dining experience at a select restaurant before the show.

JAN 22 Act 1, Eat 1 – Photog: An imaginary look at the uncompromising life of Thomas Smith

JAN 23 Act 1, Eat 1 – Look Mummy I'm Dancing

JAN 26, FEB 2 Act 1, Eat 1 – Leave

JAN 30 Act 1, Eat 1 – Winners & Losers

JAN 31 Act 1, Eat 1 – I Malvolio

JAN 31 Dinner at the Birdcage

JAN 27 Evening with the Lovers Cabaret

CULINARY JOURNEYS

You don't need to travel the world to experience great food. Enjoy a series of culinary inspired journeys that pay homage to a traveller's spirit of adventure.

JAN 19, 23, 26, 30, FEB 2 Hawksworth Side Dishes

JAN 25, FEB 1 Secret Supper Soiree

JAN 19, 26, FEB 2 Best Eats of the East Village

JAN 25, FEB 1 Railtown Culinary Walking

PAIRINGS GALORE

Along with an array of events that feature food pairings with BC VQA Wine, BC Craft Beer, sake, tea, and cocktails, there are many other events that take food pairings in an entirely new direction.

JAN 18 Plated & Paired at the Public Market

JAN 19, 26 TWG 'Tea-Flight' Service

JAN 21 Ravioli & Wine

JAN 21, 22, 23 Railtown Super Party

JAN 22 Amuse Bouche: The Teaser

JAN 22, 23 Pizza Making & Beer Tasting

JAN 25 Tea Cocktails & Tapas

JAN 25 La Musique: Food, Art & Music

JAN 28 It Takes Two to Tango!

JAN 29 Hawksworth @ Holt Renfrew

FEB 1 Le Bon Gout: High Fashion

FEB 1 Breakfast with the Masters

FOOD FOR THOUGHT

These events are for cerebral types and culinary enthusiasts who are hungry for knowledge. Eat, drink and stimulate your mind.

JAN 21 Edible Canada Speaker Series

FEB 1 The Grape Debate

STREET FOOD CITY II

Vancouver's original food cart pod returns for a second year with 14 of Vancouver's tastiest food trucks in one downtown location. The Street Food Vancouver Society, Tourism Vancouver and the Downtown Vancouver Business Improvement Association have transformed the North Plaza of the Vancouver Art Gallery with tents, heaters, seating, balloons, music, and of course, lots of tasty food options for you to choose from.

JANUARY 23, 24, 25 11AM - 3PM

JANUARY 26, 27 11AM - 5PM

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  SALT ROASTED BEETS, TOASTED WALNUTS,
  SELECT GREENS, CITRUS DRESSING

ENTREE (WINE PAIRINGS EXTRA)

- WINTER RAGU-BRAISED SHORT RIB –
  PAPARDELLE, CRISPY KALE
  ROARING TWENTIES MALBEC MENDOZA
- ROTISSERIE PORK SHOULDER –
  APRICOTS, SAGE, PINE NUTS, ROOT
  VEGETABLES, MUSTARD GRAIN JUS
  JOIE NOBLE BLEND
- LEMON & HERB WHITE BEAN FRITTER –
  BRAISED WINTER GREENS, CAULIFLOWER
  TRUFFLE PUREE
  BLACK HILLS CELLARHAND
  SAUVIGNON BLANC

DESSERT

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- Jessica Burchill,
Mark Anthony Wine Merchants

PRESENTATION IS EVERYTHING

Dining is a sensual experience. And while a good meal is an exploration of texture and flavour, the visual appeal of a meal is also of utmost importance. Like fine art, artistic food presentation is influenced by the season, available ingredients, along with regional and cultural influences.

Japanese food for example, tends to be minimalist in presentation with the ingredients presented in finely cut proportions with garnish that reflects the season. You may also notice that Japanese food is presented in “opposites.” In other words, if the food is predominately square shaped, the flatware tends to be round and vice versa.

On the other hand, French cuisine tends to adopt a more reserved approach with the ingredients presented side-by-side or stacked on a bed of vegetables with the protein on top. Conversely “nouvelle cuisine” placed a much stronger emphasis on presentation among other things. Today, both classic and nouvelle philosophies are used as modern day chefs continue to look for ways to make their mark.

As you explore many of the different restaurants participating in this year’s Dine Out Vancouver™ Festival be sure to pay special attention to the artistry of the presentation and share the best on Facebook and instagram with **#dovf @DineOutVan**.

DINE OUT VANCOUVER FESTIVAL

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Blarney Stone
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Ceilis Irish Pub and Restaurant - Kitsilano
Ceilis Irish Pub and Restaurant - Richmond
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Cheshire Cheese Restaurant & Bar
Cinema Public House
Clough Club
Doolin's Irish Pub
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Electric Owl Social Club
Fish Shack
Fray Restaurant
Giovane - Fairmont Pacific Rim
Hell's Kitchen
Hooker's Green
Irish Heather Gastropub
Jimmy's Tap House
Judas Goat Taberna
Kerkis Greek Taverna
Kingston Taphouse & Grille
Lamplighter Public House
Las Margaritas
Library Square Public House
Lickerish Restaurant & Lounge
Lion's Pub - Terminal City Club
Luke's Corner Bar + Kitchen
Mad Greek Restaurant
Mahony & Sons Public House - Coal Harbour
Mahony & Sons Public House - UBC
Maria's Taverna on West 4th
Mill Marine Bistro & Bar
Nando's - Davie
Nosh

Old Spaghetti Factory - Gastown
Pier 73
Reef Restaurant on Main
Reef Restauraunt on the Drive
Rocky Mountain Flatbread - Kitsilano
Rocky Mountain Flatbread - Main
SIP resto-lounge
Smiley's Public House
Society Dining Lounge
Stages Bistro - Holiday Inn Vancouver Centre
Suika Snackbar
Take 5 Cafe - Cordova
Thai House Restaurant - Robson
The Bimini
The Calling
The Granville Room
The New Oxford
The Point Grill at UBC
Thierry
Trattoria Italian Kitchen
Troll's Restaurant
Urban Thai Bistro
Vancouver FanClub
Wild Rice - Chinatown
Wild Rice - New Westminster

$28

Abigail's Party
Al Porto Ristorante
American Grille Restaurant
Banana Leaf Malaysian Cuisine - Broadway
Banana Leaf Malaysian Cuisine - Davie
Banana Leaf Malaysian Cuisine - Denman
Banana Leaf Malaysian Cuisine - Kitsilano
Banana Leaf Malaysian Cuisine - Robson
Baru Latino Restaurante
Beyond restaurant & lounge
Bistro Pastis
Boathouse English Bay
Boathouse Horseshoe Bay
Boathouse Kitsilano
Boathouse New Westminster
Boathouse Port Moody
Boathouse Richmond
Boathouse White Rock
Brasserie Bistro
Broken Rice Vietnamese Restaurant
Cafe Pacifica
Campagnolo Restaurant
Cardero's Restaurant
Carmichael's
Carthage Cafe
Catch 122
Cavino
Central Bistro
Ciao Bella Ristorante
Cibo Trattoria - Moda Hotel
Cloud 9 Revolving Restaurant & Lounge
Copper Chimney

Copper Club
Cork & Fin Restaurant
Dockside Restaurant
EBO Restaurant - Delta Burnaby
Edible Canada
Establishment
Fishworks
Fleuri Restaurant
forage
Frankie's Italian Kitchen & Bar
Fresh Restaurant and Lounge - Sheraton Guildford
George Lounge
Gramercy Grill
Griffins - Fairmont Hotel Vancouver
Gyu-Kaku Japanese BBQ
Hamilton Street Grill
Hapa Izakaya - Coal Harbour
Hapa Izakaya - Kitsilano
Hapa Izakaya - West End
Hapa Izakaya - Yaletown
Harold's Bistro - Sheraton Vancouver Airport
Hidden Social Bar and Tasting Lounge
Highlander - Best Western Abercorn Inn
Horizons Restaurant
Hurricane Grill - Yaletown
Italian Kitchen
La Vallee
Laziza
Le Parisien
Left Coast Bar and Bistro
Libra Room
Lobby Restaurant - Pinnacle Hotel at the Pier
Maenam
Merchant's Oyster Bar
Mosaic Bar & Grille - Hyatt Regency
Olive & Anchor
Osteria Napoli
Ouisi Bistro
Pier 7
Pink Elephant Thai Restaurant Ltd.
Prestons - Coast Coal Harbour Hotel
Refinery
Reflect social dining + lounge
Rogue Kitchen + Wetbar - Gastown
Rogue Kitchen + Wetbar - Kitsila
Salathai Restaurant on Burrard
Salmon House on the Hill
Salmon n' Bannock Bistro
Salt Tasting Room
Sandbar Seafood Restaurant
Saucisse Restaurant
Seasons in the Park Restaurant
Shady Island Seafood Bar & Gri
Shaughnessy Restaurant
Siena Restaurant
Smoking Dog Bistro
Sol Sunbelt Eatery
Spencer's - Delta Vancouver Su
Steamworks Brewing Company
Stone Grill - Metrotown
Sylvia Restaurant & Lounge - Sy
Tap & Barrel
Teahouse Restaurant
Terracotta Modern Chinese
The Edge Social Grill & Lounge
The Oakwood Canadian Bistro
The Park at English Bay
Tivoli's Restaurant - Burnaby
Water St. Cafe
Whet Bar and Grill Inc.
Yaletown Brewing Co.
Yaletown L'Antipasto
Yokohama Teppanyaki Japanes

$38

Bacchus Resturant & Lounge
Bistro Sakana
Black + Blue
Boneta Restaurant
Bridges Restaurant
Brix Restaurant & Wine Bar
Burnaby Riverway Clubhouse
C Restaurant
Cafe Il Nido
Cafe One

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se Restaurant

Canyon Restaurant
Carvers Steakhouse and Lounge
Chambar
Chop Steakhouse & Bar
CinCin Ristorante
Coast Restaurant
Dario's La Piazza
Diva at the Met
Don Francesco Ristorante
El Azteca
Federico's Supper Club
Fish House in Stanley Park (The)
Five Sails Restaurant
Fraîche Restaurant
Glowbal Grill Steaks & Satay
Gusto di Quattro
Hart House
Herons West Coast Kitchen + Bar
IL Giardino Restaurant
Joe Fortes Seafood & Chop House
Kamei Royale Japanese Restaurant
Keg Steakhouse & Bar - Burnaby
Keg Steakhouse & Bar - Coquitlam
Keg Steakhouse & Bar - Granville Island
Keg Steakhouse & Bar - Guildford
Keg Steakhouse & Bar - Langley
Keg Steakhouse & Bar - Maple Ridge
Keg Steakhouse & Bar - Morgan Creek
Keg Steakhouse & Bar - Park Royal
Keg Steakhouse & Bar - Richmond South
Keg Steakhouse & Bar - Scott Road
Keg Steakhouse & Bar - Thurlow
Keg Steakhouse & Bar - Yaletown
Kirin Mandarin
Kirin Seafood - Richmond
Kirin Seafood - Vancouver
Kitsilano Daily Kitchen
La Terrazza Restaurant
L'Abattoir Restaurant
Le Gavroche
Lift Bar Grill View
MARKET by Jean-Georges
Miku Restaurant
Minami Restaurant
Observatory (The)
ORU
p2b Bistro & Bar
Poor Italian Ristorante
Pourhouse Restaurant
Provence Marinaside
Provence Mediterranean Grill
Q4 al Centro
Q4 ristorante
Raincity Grill
Raw Canvas
Show Case Restaurant - Marriott Pinnacle
STONEGRILL
Top of Vancouver Revolving Restaurant
West Restaurant + Bar
Wildebeest
YEW restaurant + bar
Zen Japanese Restaurant

READY TO RESERVE?

1. Go to dineoutvancouver.com
2. Search restaurants by price, location and cuisine type.
3. Make a reservation.
4. Pair your meal with a VQA BC Wine or a Granville Island Beer.
5. Bon appetit!
6. Vote in the Best Bite Awards.
7. Repeat.

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Canyon Restaurant
Carvers Steakhouse and Lounge
Chambar
Chop Steakhouse & Bar
CinCin Ristorante
Coast Restaurant
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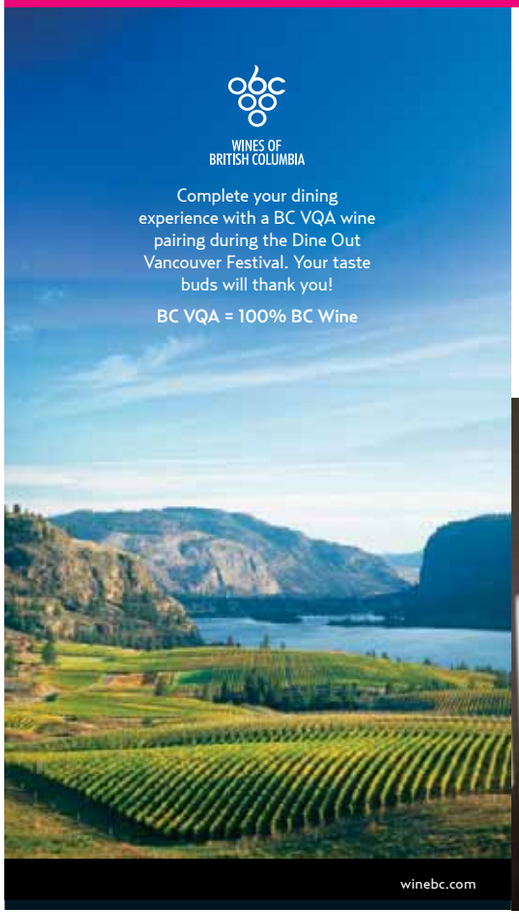
WINES OF BRITISH COLUMBIA
Complete your dining experience with a BC VQA wine pairing during the Dine Out Vancouver Festival. Your taste buds will thank you!
BC VQA = 100% BC Wine
winebc.com

MAKE A NIGHT OUT OF DINE OUT™

Take advantage of festival hotel rates and transform your night on the town into a romantic get away for two at one of Vancouver's well-regarded hotels.

Dine Out Vancouver™ rates start at just $78* and there are packages that include an overnight stay with dinner for two at select restaurants along with thoughtful extras like valet parking, a complimentary bottle of wine or breakfast the next morning.

There are a limited number of these special rates and they are only available during the festival. Book now before they sell out.

Treat yourself today. dineoutvancouver.com/hotels

WIN DINNER OUT FOR A YEAR: A $3,900 VALUE

BEST BITE AWARDS Vote for your favourite Dine Out Vancouver™ Festival experience in the Best Bite Awards and get entered into our Dine Out For a Year contest (a $3,900 value). To vote: **dineoutvancouver.com**

Best $18 menu | Best $28 menu | Best $38 menu | Best BC VQA wine pairing | Best BC craft beer pairing | Best service | Best experience | Diner's choice

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This year, Executive Hotel restaurants are coming to Dine Out Vancouver to give you a whole new dining experience.
All four restaurants with BC Chef of the Year award winning Chef, Boban Kovachevich, offering unique and different menus and specialties.
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DINE OUT VANCOUVER FESTIVAL

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HOTEL SPECIALS

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Dine Out Hotel-Only Rates*

$78

- Best Western PLUS Downtown Vancouver
- The Burrard
- Delta Burnaby Hotel and Conference Centre
- Executive Hotel Vintage Park
- The Listel Hotel
- Sandman Vancouver City Centre
- Radisson Hotel Vancouver Airport

$108

- Best Western PLUS Chateau Granville
- Coast Plaza Hotel and Suites
- Delta Vancouver Airport
- Georgian Court Hotel
- Metropolitan Hotel Vancouver
- Sandman Suites on Davie
- Sheraton Vancouver Wall Centre Hotel

$138

- Coast Coal Harbour Hotel
- Delta Vancouver Suites
- Four Seasons Hotel Vancouver
- River Rock Casino Resort
- The Sutton Place Hotel
- Westin Bayshore, Vancouver

Dine Out Hotel Packages**

Executive Hotel Vintage Park
From $128
Stay includes a three-course Dine Out meal for two at LaVallee Restaurant, complimentary self-parking, WiFi and wine tastings Monday through Saturday.

The Fairmont Hotel Vancouver
From $259
Dine Out package includes flavourful fare for two in Griffins Restaurant plus luxurious accommodation and overnight valet parking.

The Fairmont Waterfront
From $259
Stay includes a three-course dinner for two in Herons West Coast Kitchen + Bar, plus overnight valet parking. Soak in stunning views and delight in fresh, regionally inspired cuisine.

Hyatt Regency Vancouver
From $209
Package includes a three-course dinner for two in the Mosaic Grill. Please call 604.639.4770 after booking your package to ensure you receive your preferred dining time.

The Listel Hotel
From $189
Enjoy deluxe accommodations, a three-course Dine Out meal for two at our new restaurant addition, Forage, a welcome bottle of wine and overnight parking.

Metropolitan Hotel Vancouver
From $184
Enjoy a one-night stay with a three-course Dine Out meal for two at our restaurant, Diva at the MET, plus complimentary parking.

Pan Pacific Vancouver
From $239
Luxurious stay includes an elegant three-course Dine Out dinner for two at the popular Café Pacifica Restaurant, 2pm late checkout and complimentary overnight self-parking.

Renaissance Vancouver Harbourside Hotel
From $169
Enjoy your Dine Out dinner for two at p2b restaurant, and stay afterwards in one of our re-designed stylish guestrooms.

Residence Inn Vancouver Downtown
From $194
Enjoy a studio suite and three-course Dine Out dinner for two at Cavino Restaurant, complimentary full, hot breakfast for two at the Gatehouse, and parking for one vehicle.

St. Regis Hotel
From $212
Enjoy a one night stay in a Smart Queen Room, three-course Dine Out Dinner for two at either Boneta or Cork & Fin, parking, breakfast for two, WIFI, long-distance calling, Steve Nash Sports Club, and more.

The Sutton Place Hotel
From $155
Luxurious package includes a three-course Dine Out meal for two at Fleuri Restaurant, and half off underground parking. Booking our Executive or Grand Suite will include valet parking and internet.

Vancouver Marriott Pinnacle Downtown
From $169
Enjoy a Dine Out dinner for two at Show Case Restaurant, followed by a relaxing stay in one of our city view guestrooms featuring the signature Marriott Revive bed.

Wedgewood Hotel & Spa
From $236
Stay includes parking, breakfast and a Dine Out dinner for two in Bacchus, featuring modern French cuisine by Executive Chef Lee Parsons, and live entertainment.

The Westin Grand, Vancouver
From $259
Stay includes a three-course Dine Out meal for two at Hidden Tasting Bar and Social Lounge, complimentary buffet breakfast for two, high speed internet access and valet parking.

*All rates and packages are valid for stays during the Dine Out Vancouver Festival only (January 18 – February 3, 2013), are quoted before tax and fees, are per room, per night, based on double occupancy, and are subject to availability and change. All rates are quoted in Canadian funds. **Dine Out Vancouver dinner is for one night during the package stay.

Chef Thomas Heinrich brings his artistic touch to Mosaic's refined dinner menu.

Seasonally inspired, simple and fresh ingredients.

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Available at the following Keg locations:

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Thurlow	Richmond South	Morgan Creek
Yaletown	Coquitlam	Langley
Granville Island	Guildford	Maple Ridge

View Our Menu

THE KEG STEAKHOUSE & BAR

kegsteakhouse.com

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Dine out with us and take home your own work of art. After enjoying an exquisite tasting plate paired with a BC VQA wine we provide you with top quality paint supplies to release your inner artist. You simply bring yourself and your endless imagination.

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www.rawcanvas.com

Le Gavroche

DINE OUT 2013 • $38 Menu

Artisan Lettuce Salad
Spiced Almonds, Shredded Duck Confit, Red Wine Vinaigrette

Or

Lobster Bisque, Crème Freche, Finished With Brandy

• • •

Orange And Cinnamon Braised Short Ribs
Roasted Garlic Scallion Mashed Potato, Red Wine Poached Apples, Haricot coverts, Espresso Demi Sauce

Or

Smoked Ling Cod
Caper Burre Blanc, Beluga Lentils, Micro Mixed Greens

• • •

Lemon Tiramisu

Or

Vanilla Bean Crème Brule

1616 Alberni Street • Vancouver, BC
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A CULINARY DESTINATION

Paris. London. New York. Vancouver. Yes, Vancouver. This fair city has earned a well-deserved reputation as an international culinary destination. And even though there is yet to be a Michelin Star rated establishment in Vancouver, with restaurants like Hawksworth opening their doors it is only a matter of time. But it is not just the high-end restaurants that have vaulted Vancouver upward.

Vancouver is an incredibly diverse city with authentic ethnic offerings from all over the world. That, coupled with the no-holds barred attitude in neighbourhoods like Gastown and the polished presentations of Yaletown and Downtown means that foodies can find incredible meals at virtually every price point.

The Dine Out Vancouver™ Festival is an extraordinary opportunity for people to explore some of Vancouver's lesser-known eateries and be treated to a few of the finest restaurants in the city. "Dine Out Vancouver Festival has greatly contributed to our city's reputation as an international culinary destination," said Vancouver Mayor Gregor Robertson. "This year's menu of restaurant, event and hotel offerings will be an excellent showcase of Vancouver's diversity and vibrant character, both to visitors and residents alike."

Don't miss your chance to try somewhere new, different and exciting. Book now before they're sold out. dineoutvancouver.com

Celebrate Dine Out Vancouver...with Nando's!

Check out our Peri-Packed Meal for the Dine Out Vancouver Festival!
For reservations, please call 604-678-1217.
In the meantime, with this voucher, enjoy $5 off at Nando's Davie (828 Davie Street)

$5

Nando's
flame-grilled chicken

$5

828 DAVIE ST
HOWE ST

*Valid only at Nando's Davie (828 Davie Street, at Howe). Please present $5 coupon when ordering. Limit of one coupon per guest, per visit.
Can't be used for the DOVF dinner or lunch specials, or combined with any other offer. Taxes extra and no cash value. Valid between January 8th, 2013 and February 28th, 2013.

"The best opportunity you'll have to explore this city – knife and fork in hand."

- Joanne Sasvari, Food writer

DINE OUT VANCOUVER™ FESTIVAL

Running since 2002, the festival gives diners the opportunity to select from over 200 restaurants each offering unique three (or more) course prix-fix meals at $18, $28 or $38 per person, many complemented by the Wines of British Columbia, and Granville Island Craft Beer.

Over the 17 days of the festival, a delicious schedule of culinary events allows festival-goers to enjoy unique culinary experiences not normally available throughout the rest of the year. These can include guided dining adventures, culinary and cocktail tours, cooking classes and demonstrations, debates, guest lectures, BC wine and craft beer tastings, street food markets and more!

Prix-fix hotel room rates at $78, $108, and $138 per room per night and a host of dining packages complete the festival experience giving visitors (and locals) that want a true 'night on the town', attractive accommodation options for the duration of their festival stay.

Whatever your craving is, the Dine Out Vancouver™ Festival satisfies! Join us in celebrating Vancouver's amazing culinary scene during this most delicious time of the year!

DINEOUTVANCOUVER.COM

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FESTIVAL SPONSORS

WINES OF BRITISH COLUMBIA
Our land, revealed.

GRANVILLE ISLAND BREWING
IT'S GOOD TO BE HERE.

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Vancouver

metro
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Carrot Cake with Cream Cheese — hold the calories

ROSE REISMAN
for more, visit
rosereisman.com

People often think carrot cake is healthier than other desserts, but beware of recipes that sound healthy!

Most carrot cakes are full of oil, butter, eggs and regular sour cream.

This version greatly reduces the fat by using pineapple, extra carrots, low-fat yogurt and ripe banana to create the moist texture typical of carrot cake. As a result, it comes in at 223 calories per serving.

You can replace the raisins with chopped, pitted dates, apricots or prunes.

If you use a food processor to mix the batter, take care not to over process it or it will ruin the final product.

A garnish of shredded carrots or orange zest is a nice touch.

1. Preheat the oven to 350 F. Spray a 9-inch Bundt pan with cooking oil.

2. For the cake, beat the oil and granulated sugar in a large bowl until smooth. Add the eggs and vanilla, beating the mixture well (it may look curdled). Add the banana, carrots, raisins, pineapple and yogurt. Stir until everything is well combined.

3. Combine the flour, baking powder, baking soda, cinnamon and nutmeg in a separate bowl, mixing well. Add to the carrot mixture and stir just until everything is combined. Pour the mixture into the prepared pan.

4. Place the pan in the centre of the oven and bake for 40 to 45 minutes, or until a tester inserted in the centre comes out clean. Cool in the pan on a rack. When it's no longer hot, invert the cake onto a serving plate.

5. For the icing, beat the cream cheese, icing sugar and milk in a bowl or food processor until smooth. Drizzle over the top of the cake. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Carrot Cake with Cream Cheese Frosting

This recipe serves 16. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

Cake
- 1/3 cup vegetable oil
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 1 large ripe banana, mashed
- 2 cups grated carrots (about 6 oz)
- 2/3 cup raisins
- 1/2 cup canned crushed pineapple, drained
- 1/2 cup low-fat yogurt
- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Icing
- 1/3 cup light cream cheese, softened
- 2/3 cup icing sugar
- 1 tbsp low-fat milk or water

Drink of the Week

Pineapple Upside-Down Cake

Who doesn't love dessert? Here, the classic Pineapple Upside-Down Cake is given a grown-up, liquid twist. With vanilla vodka, pineapple juice and more, it's a sweet treat.

- 1 oz Smirnoff Vanilla Vodka
- .5 oz Amaretto
- 2 oz pineapple juice
- Splash grenadine
- Garnish with cherry/orange wheel

Shake all the ingredients with ice in a shaker. Strain over fresh ice.
Spike a sword with a cherry and orange wheel and place on top of the cocktail. Add a cocktail straw and serve.

FIRKIN PUBS, FIRKINPUBS.COM

Student voice

How can 'entry-level' mean 'experience required'?

Chun-Hui Chang
Post-Graduate Student
Human Resources Management
Humber College
Graduate

Bachelor of Arts in Psychology
Western University
TalentEgg.ca

The school-to-work transition was very difficult. Most bachelor's degree programs do not have internship or co-op components integrated into the curriculum. As such, I did not have the opportunity to develop the skills needed for a good job. Furthermore, many employers are not willing to give new graduates a chance to gain experience. I found very few job postings that did not require any experience, even for entry-level jobs. Most "entry-level" job postings I found still required at least three years of experience. Possessing a degree did not help me at all in finding a job, and I struggled immensely for over a year. In that time, I was only offered a few interviews, with no success from any of them.

What am I doing now?

I am now back in school for a post-graduate college program in human resources management. College appealed to me because there is a co-op component integrated into the curriculum.

However, there is no guarantee of landing a co-op position. The college simply assists you in finding a co-op position — they do not place you. As such, there is still some slight anxiety about finding employment.

My recommendations for employers, career centres and schools

Employers should be more willing to give new graduates a chance to gain experience.

Many of my peers struggled to find meaningful work after graduation because they lacked the experience. When no one gives you the opportunity to gain any experience, then it forces you into underemployment (if you're lucky). This degrades morale and motivation, which can hurt that person's job performance. In addition, employers need to understand what the term "entry-level" means. If the position requires experience, then it is not entry-level.

This is probably the most frustrating thing for new graduates who are looking for jobs.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE.

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Sharability
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hard

ROBIN ONEILL PHOTO

EXPERIENCE DEEP WINTER

Falling snowflakes shimmer like diamonds as the beautiful lights of Whistler Village caress up into the evening sky. Laughter mixed with the chatter of families and friends fills the quaint narrow paths lined with first-class shops and restaurants.

It's January in Whistler, and while most of the skiers and boarders are enjoying fine food and great company, higher up on the mountain, snowstorms are dumping fresh, light powder into every nook and cranny.

Often referred to as "Deep Winter," January is the perfect time to head off into the mountains of Whistler Blackcomb whether your home is just down the road in Vancouver or many miles away.

With more than 8,171 acres of incredible skiable terrain and an average annual snowfall of 11.9 metres (more than 39 feet), Whistler Blackcomb has been named the No. 1 overall ski resort in North America by the readers of SKI Magazine.

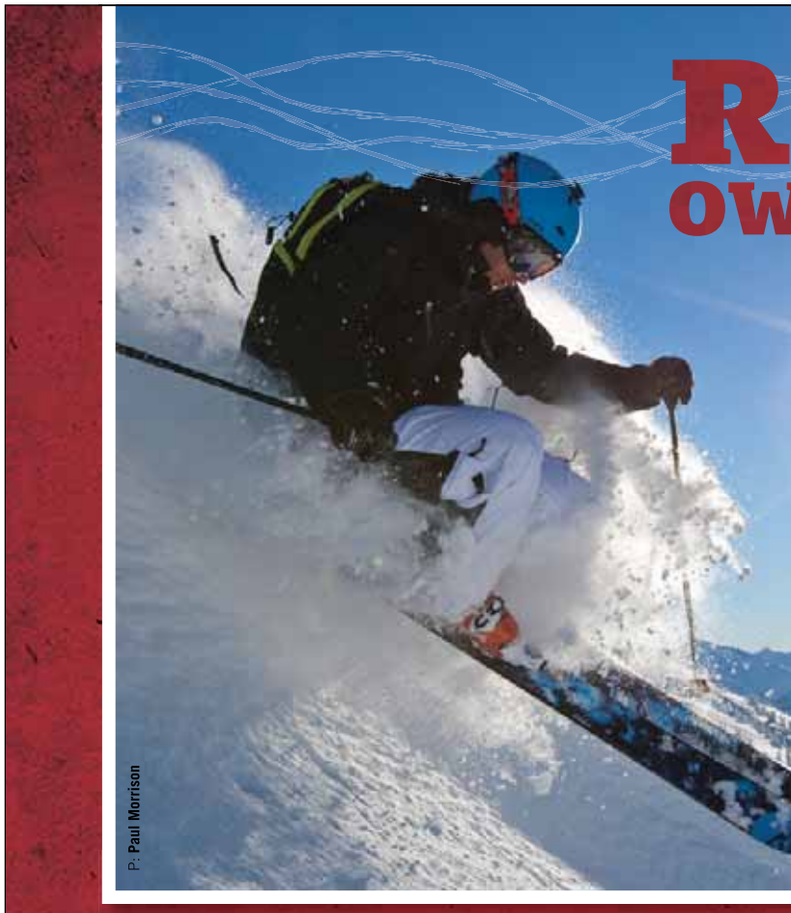
Perfect groomers and endless bowls and terrain to match any level of skier are what await you at Whistler Blackcomb. The terrain will leave you with a permanent grin from ear to ear.

At the end of the day, there are amazing restaurants to replenish your energy, starting with Après Ski at 3:30 p.m., and capping it off with a hot chocolate dessert before snuggling into your cosy bed. The kids have tons of adventure options, too, including the exhilarating tube park or the disco skating rink, which is why Canadian Living just named Whistler Blackcomb the best family ski resort in Canada.

With more than 500 centimetres of snow and every run open, Whistler Blackcomb is in perfect shape for you, your family and friends to enjoy a blissful weekend in the mountains. And with the amazing deals on lift and lodging, it's almost impossible to say no. So pack up the gear and the family and head to Whistler Blackcomb for the best mountain experience holiday. For more information, see WhistlerBlackcomb.com.

DELICIOUS DISHES

There are a number of places to get your morning cappuccino fix, but the recently built Mount Currie Coffee House is the place to get your morning started. Lunchtime is usually spent on the mountain and Whistler Blackcomb both offer delicious dishes to satisfy any snow hungry kid or adult. There are no shortage of delicious restaurants for dinner, from Milestones or Earls to the fancier likes of Araxi's and the Rimrock Café. If you stay long enough, you can try them all.



SO CLOSE, SO GOOD.
LIKE REALLY, REALLY GOOD.

We're fresh off one of our best early seasons ever, with over 18 ft. of snow already. And with months still left to go, people are talking about this being a season for the record books.

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ERIC BERGER PHOTO

A SHORT DRIVE TO GOLDEN BLISS

It's a beautiful sunny Friday afternoon in downtown Vancouver. Your busy morning has sped by and now most of your colleagues have extended their lunch hour or skipped off work altogether. With your afternoon latte in hand you click the Whistler Blackcomb webcam site to view the afternoon sun turning the surrounding white peaks into golden bliss.

A quick call to your friends has you scurrying out the office door and heading home to pack. Minutes later, the honk of your best friend's car sets your adrenaline in overdrive and soon you are cruising across the Lion's Gate Bridge.

It's hard to believe that the biggest and snowiest mountain resort of Whistler Blackcomb is just a short drive from downtown Vancouver. It's why people come from all over the globe to enjoy this magical gem, and something people in the city can enjoy in just 1½ hours, making it easily accessible at any time during the winter.

If you are looking for a place to stay, Whistler Blackcomb has some of the best hotel rooms, condos or chalets from which to choose with amazing deals on lift and lodging. You can often also find stellar last-minute deals to meet your needs and budget at WhistlerBlackcomb.com and each reservation offers the best price guarantee.

If you are looking for some quiet time with someone special, then enjoy the quaint surroundings of Whistler Creekside. Or if eating out and partying till you drop is more your style, then park yourself smack-dab in Whistler Village, where everything is within walking distance and the action is, well, everywhere.

Even though January and February bring the most snowfall, the 220-plus snow-making guns will ensure that the snow is perfect from now until the end of April. If you have kids, then check out the many family zones — or if your kids are a bit older they will have a blast in the terrain parks tweaking their skills.

If you really want to get away and experience awesomeness, then check out Whistler Heli-Skiing, which offers more than 430,000 additional acres of deep powder snow. Come Monday morning you will be refreshed for the week ahead and planning your next escape into the mountains of Whistler Blackcomb.

Book your next trip at WhistlerBlackcomb.com, which offers the best price guarantee.

TOSHI KAWANO PHOTO

MAGICAL VIEWS

It only takes 11 minutes, but the longest unsupported span of the Peak 2 Peak Gondola will take your breath away with its height, beauty and magical views. The 28 gondolas, two with glass bottoms, can carry you and your family from Whistler to Blackcomb or vice versa. The Peak 2 Peak Gondola has a capacity of 2,050 people per hour each way and floats 436 metres (1,430 feet) above the valley floor. Be sure to put this world record lift system on your must-do list the next time you visit Whistler Blackcomb.

Snow on the ground, summer on the brain

Internship impending. It's hard to believe, but now is the time to start thinking about nabbing that position

LEAH RUEHLICKE
TalentEgg.ca

From debating the merits of unpaid versus paid internships and dissecting the benefits to your career, internships are an even hotter topic than Channing Tatum's stripper movie.

This article aims to break it all down into the simplest terms possible and speak directly to where to look for internships and how to lock one down.

Where are all the internships and co-ops hiding?

The key is to start looking early. Did you know most large employers post their summer internships and co-op roles in January? If you wait much longer it will be too late.

Summer job fairs

Most colleges and universities hold summer job fairs in late January

- These job fairs give you the chance to meet prospective employers and, occasionally, interview right on the spot.
- Furthermore, you will be subjected to tons of companies and positions that you didn't even know existed. Make sure you are well dressed, well-spoken and prepared.

Find summer internships and co-ops online

Check out the summer, internship and co-op job listings here on TalentEgg.ca — there are a ton of roles available (many with deadlines this week and next) and we post new jobs every day!

Visit your career centre

I was a heavy user of the career centre in university and this definitely worked to my advantage. For one thing, utilizing their resources to find a part-time job actually ended up landing me a student job at the centre because they knew who I was and wanted to help me out. Career centres not only have job listings, they often have connections with other employers (and, at the very least, are an amazing source of information for any questions you might have regarding schooling and your career).

Network with your network

Let people know you are looking for an internship (professors often have a lot of insight and tips for success in this realm — and if you put in the effort, they're most likely going to be very eager to help you). Similar to my career centre tale of success, it's all about getting your face out there and seeking assistance from others.

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Tuesday, Jan. 15, 22 & 29, 11 a.m. – lobby, building B Broadway
Teaching English to speakers of other languages (TESOL)
Tuesday, Jan. 15 & 22, noon – room 629 Downtown
Tuesday, Feb. 5 & 12, noon – room 629 Downtown
English language preparation for health sciences
Tuesday, Jan. 15, 6 p.m. – room 1214 Broadway
Building service worker
Wednesday, Jan. 16, 1 p.m. – room 206 Downtown
English for professional advancement (EPA)
Wednesday, Jan. 16, 2:30 p.m. – room 235 Downtown
Wednesday, Jan. 16, 5 p.m. – room 235 Downtown
Adult special education
Monday, Jan. 21, 1 p.m. – room 311 Downtown
Baking and pastry arts
Wednesday, Feb. 13, 10:30 a.m. - room 216 Downtown
Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.
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Visit VCC.ca or call 604.871.7000.
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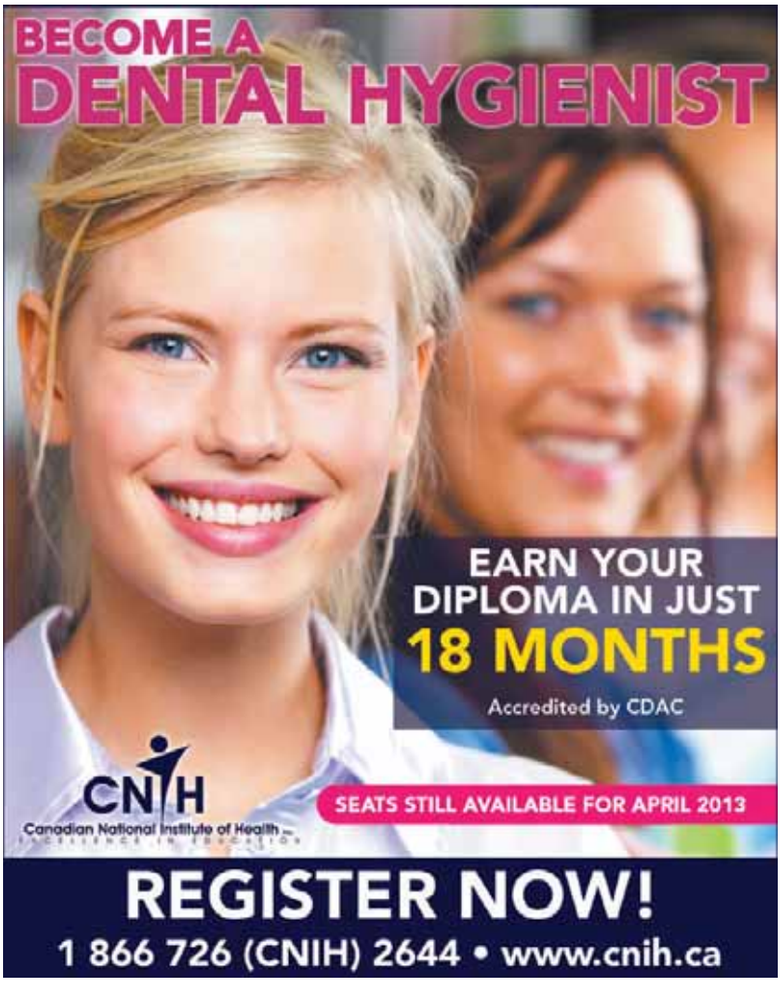
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Cash in on a career with a unique and creative plan

Now that's dedication. From stand-out CVs to roadside applications, job-seekers are going an extra mile to land lucrative positions

ASHLEIGH TRAHAN
TalentEgg.ca

With a little imagination and elbow grease, we can all come up with our own set of personal marketing tactics. ISTOCK

It's a tough job market out there, which means you're going to have to step up your game if you want to land your first (or next) gig.

In this spirit, some bold individuals are finding extreme ways to proactively market themselves to potential employers. While these unique (and sometimes wacky) tactics might not work for everyone, there are valuable lessons to be learned from these outside-the-box job search ideas.

Try an unconventional resumé format

Infographic resumés are making a big splash with creative people the world over. These graphic takes on a traditional resumé can highlight key functional skills as well as an applicant's personality in a dramatic and eye-catching way.

See your name in lights!

Rather than relying on a resumé to get her name out there, one woman from Atlanta, Ga., used the holiday season to publicize her job hunt by spelling out "My wish, HR job, Liz Hickok, LinkedIn" with strings of Christmas lights on the side of her house.

Create your own personal ad campaign

If a creative resumé and billboard beside a major highway haven't landed you a job, you could always think about running your own ad campaign.

Alec Brownstein, a 28-year-old copywriter, landed a job through a fantastically simple personal marketing campaign.

When advertising execs Googled their own names (admit it, we're all guilty of the "self-Google"), Brownstein's paid ad was the first result on the page.

The ad directed these potential employers to his personal website, and resulted in multiple job offers for Brownstein.

The stunt cost mere cents per click (for a total of $6), and all it took was a little outside-the-box thinking.

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Change is good

Goals. How to follow through on your resolutions this year

YLVA VAN BUUREN
For Metro

Follow through on your resolutions, like spending more time with family and friends, by examining why you want to accomplish these goals.
ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

The start of a new year really is a good time to make a change, but it's important to be realistic and to set yourself up for success, says Gene Hayden, a motivational speaker and author of The Follow-Through Factor (2010).

"If you can separate reasonable resolutions from magical quests, you're off to a good start," concurs Dr. Irvin Wolkoff, a Toronto psychologist.

The most common new year's resolutions are to lose weight, get fit, get better organized and have more time for friends and family.

"But these are huge and we don't often examine the how," Hayden says.

Remember, the reason people follow through is they literally love the resolution.

"You've got to want it," Hayden says. "If you really want it, you're going to go after it and the process of getting from here to there is going to keep you engaged."

Here is a checklist for success:

- When you make a resolution, ask yourself — is this really within my control to make happen?
- Make sure it's a "want" and not a "should."
- Break the resolution down into baby steps.
- Talk about your resolution in the present tense, not future. For example, I am doing my resumé; I am going out more so I can meet somebody; I am going to fitness classes three times a week.
- Don't look up, Hayden says. A resolution is a bit of a Mount Everest and looking up can make it more of a monumental task.
- "Talk about your accomplishments and you will find people will cheer you on. You will inspire others and inspire yourself at the same time."

Any day is a good day

- Remember that the way to improve yourself is the same on Jan. 1 as on any other day in the calendar, says Dr. Irvin Wolkoff, a Toronto psychologist. "There's actually no point in imposing extra pressure that comes with making a resolution." Whatever day it is, decide to make an improvement and get started.

RESOLUTION MAKER ... OR BREAKER?

Eighty-eight per cent of resolution makers give up within the first three months, according to Hayden. The No. 1 reason is they are no longer passionate about them, she says.

"We set the bar way too high so we set ourselves up for failure. And we base resolutions on things we should do and not on what we want to do. In the end, we don't have the fire — or motivation — in our bellies ... so we don't have the follow-through."

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12 tips to achieve your goals

YLVA VAN BUUREN
For Metro

It's a new year ... and a new you! Here is expert advice on staying on track with your health and fitness resolutions.

1 Rather than obsess about one health-related goal (lose 20 pounds, for example), Ontario Medical Association president Dr. Doug Weir recommends starting to make healthier lifestyle choices (get more active, make healthier food choices, cut down on salt) across the board. It will all add up to better health.

2 Select achievable goals and set reasonable times to achieve them, says Dr. Irvin Wolkoff, a Toronto psychologist. "Remember that if you backslide, it's a part of learning new ways to think and behave."

3 Write down the actual process of reaching your goal, says Marc Lebert, a fitness professional and creator of Lebert Fitness Products. For example, "work out three times a week," "eat a salad three times a week."

4 Imagine what the results of your goal feel like, Lebert says. For example, see yourself riding a bike up a hill or lifting weights — imagining how it actually feels is inspiring.

5 Put yourself into a goal-inspiring environment. "Hearing people talk at a fitness club, for example, about how much they love fitness, can be very motivating," Lebert says.

6 Start small. If you weren't exercising at all, start walking just half an hour per day, says Jules Hilliker, an Ottawa-based fitness professional.

7 Try something new. Sign up for a Zumba class or go bowling.

8 Create your own fitness "community" with a few friends, Hilliker says, and plan to walk together two mornings a week.

9 Don't deprive yourself. If your family has Friday pizza night, have just one slice (instead of the usual three, for example) and enjoy a side salad, too.

10 Make healthy living goals a family affair. Don't just watch kids build a snowman, get out there and build it with them, Hilliker says.

11 Take lessons. When you feel safe doing an activity, you are more likely to continue it, Weir says.

12 Be informed. Talk to your doctor if you want to quit smoking. Start reading food labels. Hire a fitness trainer.

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Swiss stint 'beneficial' for Canucks' Schneider

NHL. 'There's worse things in the world than having a world class goalie pushing you,' says Canucks puck stopper

CAM TUCKER
cam.tucker@metronews.ca

Vancouver Canucks goalie Cory Schneider leaves the ice after an informal practice at the University of British Columbia on Tuesday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

The lockout persisted, so Cory Schneider departed for Switzerland.

It was a business trip. Schneider signed with HC Ambri-Piotta of the Swiss League toward the end of November, knowing he had to play hockey.

Practising a few times a week at UBC was one thing for Schneider, but, as a goalie, facing shots in game situations was far more desirable.

"For me, I don't know how good I would've felt had I had to jump right into a season without seeing any game action," Schneider, the Vancouver Canucks puck stopper, told reporters after a skate at UBC Tuesday.

The lockout is done, although the league and the NHL Players' Association still need to ratify the tentative agreement.

Training camp could open Sunday, and the regular season — 48 games — could begin Jan. 19.

If Schneider's mission overseas was to see as many shots as possible, well, consider it accomplished. In eight games with Ambri-Piotta, he saw an average of almost 38 shots a game.

"I'm glad I did it and it's an experience I'll never forget," said Schneider. "I feel it was more beneficial for me than to stay here and hopefully the results are tangible."

However, with Schneider back, the topic of a likely Roberto Luongo trade grows even larger.

Luongo, the Canucks number one goalie for six years, has been at the centre of trade rumours ever since the 26-year-old Schneider was given the starter's job for Game 3 against the L.A. Kings in the first round of the 2012 playoffs.

However, there is the possibility that Luongo isn't traded by the start of training camp, which would only add to the media frenzy surrounding the Canucks goaltending situation.

"The best guy will play. There's worse things in the world than having a world class goalie pushing you and forcing you to be at your best," said Schneider.

Players returning

More Canucks arrive at UBC

There were two other fresh faces on the ice surface at UBC to go along with Cory Schneider.

Defenceman Andrew Alberts and winger Jannik Hansen joined their Canucks teammates Tuesday.

Hansen was the second Canuck to sign in Europe. He joined Tappara of SM-Liiga in Finland in October, when it was unclear as to when the lockout would end and the NHL season would begin.

"I went because I thought this (the lockout) was going to go long," Hansen told reporters.

"If I had a feeling this was going to start in November or early December, I probably wouldn't have gone. But the way it was looking in not only October and November, it didn't look like anything was kind of materializing.

"And again I felt like I had to be playing."

METRO

MLS

Whitecaps to release regular season schedule

The Vancouver Whitecaps on Wednesday will announce their schedule for the upcoming 2013 Major League Soccer regular season.

The Whitecaps enter their third season in MLS.

The Vancouver side, which achieved a playoff berth in its sophomore season last year, announced last month that it will host Toronto FC in the 2013 regular season opener on March 2 at BC Place Stadium.

There are two other important events on the horizon for the Whitecaps.

The MLS player combine runs Jan. 11-15 in Fort Lauderdale, Fla., and the MLS SuperDraft goes Jan. 17 in Indianapolis.

The Whitecaps have two picks in the first round, including the fifth and 10th overall selections. METRO

WHL

Giants fall in Medicine Hat

The Vancouver Giants dropped a 4-0 decision to the Medicine Hat Tigers on the road Tuesday.

Tigers centre Blake Penner opened the scoring early in the first period, before Medicine Hat broke the game open with a goal from Trevor Cox late in the second period, followed by third period markers from Jacob Doty and Gavin Broadhead.

Giants goalie Payton Lee stopped 30 of 34 shots.

The Giants conclude their five-game tour of Alberta Wednesday night against the Lethbridge Hurricanes." METRO

Rockets blast limping Lakers

NBA. With Gasol and Howard out due to injuries, L.A. gets trounced by Houston

James Harden scored 31 and Chandler Parsons added 20 to help the Houston Rockets pick up their fifth straight win, a 125-112 victory over the short-handed Los Angeles Lakers on Tuesday night.

Houston trailed by as many as 14 points in the first half, but used a pair of runs in the third quarter to go on top and build a big lead.

Metta World Peace had a season-high 24 points for the Lakers, who were playing without their top three big men: Dwight Howard, Pau Gasol and Jordan Hill — all out with injuries.

Kobe Bryant added 20 for the Lakers as they tied a season-high with their fourth straight loss.

The Rockets have rallied from double-digit deficits for their last three wins. As usual, they did it on Tuesday night behind the strong play of Harden, who has scored at least 25 points in 13 straight games.

Howard has a torn labrum in his right shoulder, Gasol has a concussion and Hill a right hip injury. All three are out indefinitely.

Jeremy Lin chipped in 19 points with six rebounds and five assists for Houston and Carlos Delfino also scored 19.

Los Angeles led 62-59 at halftime, but Houston used a 10-2 spurt early in the third quarter to tie it at 69-69 after a three-point play by Marcus Morris with 6.5 minutes left in the quarter.

The Rockets used a 23-11 run after that to take a 92-80 lead near the end of the third quarter. Lin had nine points in that span and Harden added six. THE ASSOCIATED PRESS

Tuesday's game

Rockets	Lakers
125	112

B.C. ballers

- The Lakers' seven-foot rookie centre Robert Sacre, of North Vancouver, made his first career start and finished with 10 points, four blocked shots and three rebounds.
- Fellow Laker Steve Nash, of Victoria, scored 16 points. He also earned his 10,000th career assist. He's only the fifth player to hit the mark, joining John Stockton, Jason Kidd, Mark Jackson, and Magic Johnson.

Robert Sacre of the Los Angeles Lakers has a shot blocked by Houston Rockets centre Omer Asik on Tuesday in Houston. SCOTT HALLERAN/GETTY IMAGES

Cycling

Armstrong set to tell all to Oprah?

Lance Armstrong has agreed to a rare televised interview with Oprah Winfrey that will air next week.

According to a release posted on Oprah's website on Tuesday, Armstrong will address allegations that he used performance-enhancing drugs during his cycling career.

Armstrong has strongly denied the doping charges that led to him being stripped of his seven Tour de France titles, but the New York Times reported Friday he has told associates he is considering admitting the use of PEDs. THE ASSOCIATED PRESS

Lance Armstrong GETTY IMAGES FILE

Sarah Burke

Charitable agency founded in honour of late ski star

The husband of former freestyle skiing star Sarah Burke has helped start a charitable foundation in her name.

Burke, a four-time Winter X Games champion in superpipe skiing, died last January after a practice accident in Utah.

The Squamish resident would have been a gold-medal favourite for Canada next year in Sochi, where halfpipe skiing makes its Olympics debut. Burke, a pioneer in her sport, was instrumental in getting superpipe skiing added to the Olympic program.

The Sarah Burke Foundation, run by Burke's husband, Rory Bushfield, will raise money to provide scholarships to athletes and donate to organizations Burke supported. THE ASSOCIATED PRESS

Sarah Burke THE ASSOCIATED PRESS FILE

CFL. Business as usual for Als with threat of losing head coach, GM

The head coach is in the running for two NFL jobs, the GM is also said to be a candidate for another post south of the border and the assistant general manager has twice spoken to a new CFL entry.

Just another typical off-season for the Montreal Alouettes and chief operating officer Mark Weightman.

Head coach Marc Trestman, who has led Montreal to two Grey Cup titles in five years, met Monday with the Chicago Bears about their coaching vacancy and was scheduled to huddle with the Cleveland Browns on Tuesday. GM Jim Popp has been mentioned as a candidate for the vacant Carolina Panthers general manager's position while assistant GM Marcel Desjardins had a second interview Monday about the GM post with the Ottawa CFL expansion team slated to begin play in 2014.

"This year is really no different than any other year, it's not the first time there has been speculation of interest for some of our football people south of the border," Weightman said Tuesday. "Really, it's just been part of our day-to-day here over the last few years."

Marc Trestman THE CANADIAN PRESS FILE

Trestman's name has been mentioned in NFL coaching circles pretty much since he arrived in Montreal in 2008. The Minnesota native's resumé includes NCAA experience with both Miami and North Carolina State and he's spent time in the NFL as a quarterback coach, running back coach and offensive co-ordinator with Minnesota (twice), Tampa Bay, Cleveland, San Francisco, Detroit, Arizona, Oakland and Miami. THE CANADIAN PRESS

Quoted

"If something like that were to happen we'll address it at that time, but we're not going to get worked up about it."

Montreal Alouettes COO Mark Weightman on the prospect of Marc Trestman, Jim Popp and Marcel Desjardins all taking new jobs at the same time.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	23	10	.697	—
d-New York	23	11	.676	½
Atlanta	20	13	.606	3
d-Indiana	21	14	.600	3
Chicago	19	13	.594	3½
Brooklyn	20	15	.571	4
Milwaukee	17	16	.515	6
Boston	17	17	.500	6½
Philadelphia	15	21	.417	9½
Detroit	13	23	.361	11½
Toronto	12	22	.353	11½
Orlando	12	22	.353	11½
Charlotte	9	24	.273	14
Cleveland	8	28	.222	16½
Washington	5	28	.152	18

WESTERN CONFERENCE

	W	L	Pct	GB
d-L.A. Clippers	27	8	.771	—
d-Oklahoma City	26	8	.765	½
d-San Antonio	27	10	.730	1
Memphis	22	10	.688	3½
Golden State	22	11	.667	4
Houston	21	14	.600	6
Portland	19	15	.559	7½
Denver	20	16	.556	7½
Minnesota	16	15	.516	9
Utah	18	18	.500	9½
L.A. Lakers	15	19	.441	11½
Dallas	13	22	.371	14
Sacramento	13	22	.371	14
Phoenix	12	24	.333	15½
New Orleans	9	25	.265	17½

Tuesday's results
Brooklyn 109 Philadelphia 89
Houston 125 L.A. Lakers 112
Indiana 87 Miami 77
Milwaukee 108 Phoenix 99
Minnesota 108 Atlanta 103
Monday's results
Boston 102 New York 96
Chicago 118 Cleveland 92
Memphis 113 Sacramento 81
New Orleans 95 San Antonio 88
Portland 125 Orlando 119 (OT)
Utah 100 Dallas 94
Washington 101 Oklahoma City 99
Wednesday's games — All Times Eastern
Utah at Charlotte, 7 p.m.
Atlanta at Cleveland, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Phoenix at Boston, 7:30 p.m.
L.A. Lakers at San Antonio, 8 p.m.
Milwaukee at Chicago, 8 p.m.
Minnesota at Oklahoma City, 8 p.m.
Houston at New Orleans, 8 p.m.
Orlando at Denver, 9 p.m.
Dallas at L.A. Clippers, 10:30 p.m.
Memphis at Golden State, 10:30 p.m.

AHL

Tuesday's results
Hamilton 2 Toronto 1
Hershey 4 Bridgeport 3 (OT)
Portland 7 Worcester 3
Wednesday's games — All Times Eastern
Syracuse at Rochester, 7:05 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Grand Rapids at Rockford, 8:05 p.m.
Thursday's game
Lake Erie at San Antonio, 8 p.m.

NFL

PLAYOFFS

WILD CARD
Saturday's results
AFC — Houston 19 Cincinnati 13
NFC — Green Bay 24 Minnesota 10
Sunday's results
AFC — Baltimore 24 Indianapolis 9
NFC — Seattle 24 Washington 14
DIVISIONAL PLAYOFFS
Saturday's games — All Times Eastern
AFC — Baltimore at Denver, 4:30 p.m.
NFC — Green Bay at San Francisco, 8 p.m.
Sunday's games
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.
CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC and NFC (Dates and Times TBD)
SUPER BOWL
Sunday, Feb. 3 — At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

NCAA FOOTBALL

Monday's result
BCS CHAMPIONSHIP
At Miami, Fla.
Alabama 42 Notre Dame 14
RECENT NATIONAL CHAMPIONS
2012 — Alabama (13-1)
2011 — Alabama (12-1)
2010 — Auburn (14-0)
2009 — Alabama (14-0)
2008 — Florida (13-1)
2007 — Louisiana State (12-2)
2006 — Florida (13-1)
2005 — Texas (13-0)
2004 — Southern California (13-0)
2003 — Southern California (12-1)
2002 — Ohio State (14-0)
2001 — Miami (12-0)
2000 — Oklahoma (13-0)
1999 — Florida State (12-0)
1998 — Tennessee (13-0)

GOLF

PGA HYUNDAI TOURNAMENT OF CHAMPIONS

At Kapalua, Hawaii
Yardage: 7,452; Par: 73
Final Round
(FedExCup points in parentheses)

Dustin Johnson (500), $1,140,000	69-66-68—203
Steve Stricker (300), $665,000	71-67-69—207
Brandt Snedeker (190), $432,000	70-70-69—209
Bubba Watson (123), $304,000	70-69-71—210
Keegan Bradley (123), $304,000	71-69-70—210
Rickie Fowler (95), $212,500	70-74-67—211
Tommy Gainey (95), $212,500	72-69-70—211
Carl Pettersson (85), $190,000	70-72-70—212
Ian Poulter (78), $175,000	71-74-69—214
Matt Kuchar (78), $175,000	74-71-69—214
Mark Wilson (68), $155,000	69-76-70—215
Webb Simpson (68), $155,000	72-72-71—215
J.J. Henry (56), $120,400	71-74-71—216
Johnson Wagner (56), $120,400	72-72-72—216
Scott Stallings (56), $120,400	72-74-70—216
Scott Piercy (56), $120,400	72-71-73—216
Nick Watney (56), $120,400	69-73-74—216
Jonas Blixt (51), $87,600	72-74-72—218
Ben Curtis (51), $87,600	70-76-72—218
John Huh (51), $87,600	73-71-74—218
Zach Johnson (51), $87,600	74-72-72—218
Jason Dufner (51), $87,600	72-77-69—218
Charlie Beljan (47), $73,000	71-75-75—221
Bill Haas (47), $73,000	71-75-75—221
Marc Leishman (47), $73,000	75-75-71—221
Hunter Mahan (45), $67,000	72-77-74—223
Ted Potter, Jr. (45), $67,000	75-75-73—223
Ryan Moore (43), $63,000	72-77-76—225
George McNeill (43), $63,000	79-73-73—225
Kyle Stanley (41), $61,000	78-80-72—230

SOCCER

ENGLAND

LEAGUE CUP
SEMIFINALS
Tuesday's result
Bradford City 3 Aston Villa 1

SPAIN

COPA DEL REY
FIFTH ROUND, SECOND LEG
Tuesday's results
Malaga 4 Eibar 1
(Malaga advances on 5-2 aggregate)
Valencia 2 Osasuna 1
(Valencia advances 4-1)

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Chevrolet Equinox 2013

ALL PHOTOS WHEELBASE

By comparison

1 VW Tiguan
Base price: $29,500

2 Nissan Rogue
Base price: $25,600

Fuel economy

With a rating of 9.2 l/100 km city and 6.1 highway (10.1/6.9 for AWD models), the 2.4 is the economy champ in the lineup. However the efficient V6 earns nearly the same 12.4 city/8.1 highway (13.2/8.4 AWD) numbers as the previous 3.0. The choice is yours, of course, depending on your lifestyle..

A look under the Equinox's hood

2013 Chevrolet Equinox

- **Type.** Four-door, front-/all-wheel-drive mid-size tall wagon.
- **Engine (hp).** 2.4-litre DOHC I4 (182); 3.6-litre DOHC V6 (301)
- **Transmission.** Six-speed automatic
- **Base price (incl. destination).** $28,400

Engine

Unchanged for 2013 is a standard 2.4-litre four-cylinder engine that's worth 182 horsepower and 172 pound-feet of torque. Both powerplants are connected to six-speed automatic transmissions, although the four-cylinder comes with an Eco mode that economically limits the maximum revs in each gear.

Style

The most significant aspect of the Equinox's styling is that it displays a rugged sport-utility-vehicle boldness shared with Chevy's larger Traverse and still-larger Tahoe. You won't find that in the Honda CR-V, Nissan Rogue, Ford Escape or most others in the segment.

Review. Clever wagon holds its own despite stiff competition

MALCOLM GUNN
Wheelbase Media

Chevrolet didn't exactly invent this category, but the Equinox represents a new level of refinement, style and overall performance that sets it apart from its segment peers.

Clever touches abound in the design, like the integrated rocker panels in the doors that reduce entry step-over height. The car-like interior is simply gorgeous and practical. It has dual gloveboxes, easy-to-read twin gauges set in large pods and lots of handy storage bins.

There's also a versatile split folding rear seat that can be adjusted fore and aft over a 20-centimetre range to optimize legroom or cargo capacity. So the Equinox isn't a giant-killer in the off-road sense, but at least it can now boogie down the road with more authority, thanks to a new-for-2013 3.6-litre V6 option that generates 301 horsepower and 272 pound-feet of torque. It replaces last year's 3.0-litre V6 that only mustered 264 horses and 222 pound-feet of torque.

A wide assortment of standard equipment (air conditioning, cruise control, keyless remote entry etc.) comes in the base LS, as does a new seven-inch touch screen to work the standard audio system. The 1LT gets you premium cloth seats and a rear-vision camera, while the 2LT adds a power driver's seat and an up-level audio package. The LTZ loads up with climate control, heated leather seats and a power liftgate.

Standard this year in all but the base LS is MyLink, which is a combination voice-activation/touch-screen system that operates the various audio options, hands-free smart-phone communications and navigation functions. Being fashionably rugged, more powerful and technologically up-to-date is what the Equinox is all about.

5 DRIVE

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Mike Goetz
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Big money mobile: The 1960 Ferrari 250 GT SWB Berlinetta Competizione 'will be the top seller' in Arizona. PHOTO FROM RM AUCTIONS

Looking for a good used car? You could do worse than heading to Arizona next week for Collector Car Auction Week.

Bring your wallet.

Better yet, re-mortgage your house, cash in your RRSPs, find the Canadian Tire Money, sell your kids for medical experiments, check under the sofa cushions for loose change and snacking material, and visit Harold the Jewelry Buyer.

Because some of these cars are on the pricey side…

Take for example the 1965 Ford GT40 consigned to RM Auctions' sale in Phoenix. The GT40 used in the Steve McQueen film, Le Mans, was auctioned off last year at RM's California sale for $11 million, making it the most expensive American car ever sold.

The road-going '65 GT40 going under the hammer in Arizona is expected to sell for between $2.4 million and $3 million. In case you're wondering, that doesn't include safety check, emission test, or winter tires.

Another quite nice RM consignment is the 1930 Duesenberg Model J Tourster. Only eight were built. Their open-top bodies were designed and built by the coach building firm, Derham. Estimated auction price: $1.2 million to $1.6 million.

In fact, RM figures eight of its Phoenix auction consignments will fetch over $1 million. There is no doubt, however, about which one will set the high bar — the 1960 Ferrari 250 GT SWB Berlinetta Competizione.

"It will be the top seller of the week in Arizona," says Gord Duff of RM Auctions, over the phone from the firm's home base in Blenheim, Ontario. (Yes, one of the top collector car auction houses in the world is Canadian.) "There isn't another auction selling anything that would bring this kind of money."

What's "this kind" of money? Well we don't know for sure. But some Ferrari 250 GTs sell for around $5 million, while others go for around $9 million. This particular 250 GT is considered one of the purest and most well documented 250 GTs out there, with just four owners since new. So figure more toward the high end of scale.

While it might be the highest price achiever in Arizona next week, it will likely take a back seat in the paparazzi department to a car set to take the Barrett-Jackson auction stage over in Scottsdale. That would be the first and original Batmobile. After staring in the TV series, it's creator, George Barris, bought it from Ford for one dollar. It's been his ever since. It changes hands next week, for the first time ever since that one-dollar sale. It's likely the most well-known and recognizable car in the world.

The other auction houses that make the scene at Arizona Collector Car Auction Week are Gooding and Company, Russo and Steele, Bonhams, and Silver Auctions.

"Arizona sets the tone for the coming year," notes Duff. RM is expecting Arizona to continue the strong sales trends of 2012. "The collector car market is especially strong right now, particularly for blue-chip, investment type automobiles."

Duff says enthusiasts from emerging markets, like the United Arab Emirates, Russia, India, China, and Brazil, are bolstering the collector car ranks these days. It's a global thing now and facilitating the togetherness is the Internet. Duff adds these out-of-country buyers often watch the auction on line, and bid on line. And so can you — the RM auction will be live on rmauctions.com. Just make sure you got enough headroom on the charge cards.

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See your path and follow your vision when your car is sliding and steering is tricky this winter on the roads

JIL MCINTOSH
drive@metronews.ca

No matter what or where you are driving, the most important sense you use is your vision. It's always essential to "look where you want to go," especially if you find yourself in an emergency situation.

"Anyone can drive straight on a dry road," says precision driver Ryan Lanteigne. "What differentiates drivers is the ability to deal with the worst conditions. You have to steer the way you want to go."

Lanteigne was teaching winter driving at a special event sponsored by Michelin. Drivers were sent onto a water-soaked plastic pad, which simulates ice. Once the driver was on the pad, Lanteigne would pull on the handbrake, sending the car sideways. The driver then had to steer the car to get it back on course.

The first time I went through, I thought I was steering correctly, but my car still spun around. "You weren't looking where you wanted to go," Lanteigne said. Sure enough, I realized I'd been looking straight down the hood.

Instead, I should have been looking beyond the skid pad. The second time I went through, I steered the car but looked to my right at the dry asphalt.

That's where my car ended up, pointing straight ahead and ready to continue safely. Whenever you're driving, it's important to look as far ahead as possible – right to the horizon, if you can – and never at the road directly ahead of your car.

This gives you a full field of vision and lets you see problems up ahead, such as stopped vehicles or pedestrians, before you get too close to them. This can even help with fuel efficiency, since you may be able to slow down or go around traffic, instead of stopping completely and then having to accelerate again.

It's important not to fixate on things, because your hands will follow your vision. A surprising number of people hit police cars or tow trucks that are stopped on the side of the road, because drivers stare at the flashing lights and don't realize that they're heading straight toward something they need to avoid.

Tips

- **Take note.** If you turn the steering wheel but your car continues straight ahead on a slippery surface, a condition known as understeer, don't turn the wheel harder. Instead, "unwind" it slightly in the opposite direction. This will help the tires grip and let you regain control.

- **Back to school.** Many of the skills needed for safe winter driving aren't intuitive, and lessons at a qualified "skid school" or winter driving course are a good idea for all drivers.

Quoted

"What differentiates drivers is the ability to deal with the worst conditions. You have to steer the way you want to go."

Precision driving instructor Ryan Lanteigne. On what sets good and bad drivers apart

Supermodel Gazelle took a serious fall last night after overhearing a fashion blogger remark that a 2013 Jetta is now just $168 a month. *"My knees just went weak,"* she told reporters.

2013 Jetta
LEASE FROM **$168** PER MONTH FOR 36 MONTHS* **1.9%** APR
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*Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5-speed/6-speed manual transmission. $1,395/$1,610 freight and PDI included in monthly payment. 36/48-month term. $0/$2,858 down payment and $220/$350 security deposit due at lease inception. Total lease obligation: $6,048/$17,162. 48,000/64,000 kilometre allowance; charge of $0.15 per km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options, and applicable taxes are extra. 2013 Jetta Highline 2.5L as shown is $24,590. 2013 Tiguan Comfortline 2.0T with Sport Package as shown is $33,475. Models shown for illustration purposes only. Models may not be exactly as shown. Some features may be optional on some models and available at additional cost. Dealer may lease for less. Dealer order/trade may be necessary. Offer ends January 31, 2013 and is subject to change or cancellation without notice. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Venus, planet of harmony, moves into the career area of your chart today, so you will gain more by being nice to people than by trying to be a tough guy. Work with others and you can all be winners.

♉ Taurus
April 21 - May 21
A little bit of gentle persuasion will get you everything you desire today. You don't need to force others to do your bidding. They will go out of their way to accommodate your needs. Within reason, of course.

♊ Gemini
May 22 - June 21
Stand up to those who seem to enjoy making you feel bad about yourself. You are who you are for a reason and no one has the right to suggest that you should change your look, your ways or your attitude.

♋ Cancer
June 22 - July 23
Venus, planet of love and harmony, moves into the partnership area of your chart today and almost immediately you will find that relationship problems are not as serious as you imagined. The fact is they never were.

♌ Leo
July 24 - Aug. 23
You need to take a more relaxed view of everyday activities, especially those that require bursts of physical energy. Aggressive activity is rarely a good idea, so pace yourself sensibly over the next 24 hours.

♍ Virgo
Aug. 24 - Sept. 23
Creative activities and affairs of the heart will go very well indeed over the next few weeks, so look on the bright side and don't be afraid to take chances. By far the biggest risk is taking no risks at all.

♎ Libra
Sept. 24 - Oct. 23
As Venus, your ruler, moves into one of the more sensitive areas of your chart, you won't mind admitting you got something wrong. This is much a time for forgiving, forgetting and moving on together.

♏ Scorpio
Oct. 24 - Nov. 22
Travel and social activities will get a boost over the next few days, so start making plans. Even if you are a Scorpio who does not like the party life, you'll want to see and be seen. You're worth looking at!

♐ Sagittarius
Nov. 23 - Dec. 21
There is really no point worrying about money matters and business issues. They will all come right in the end. Whatever your personal commitments may be you will find a way to meet them — somehow you always do.

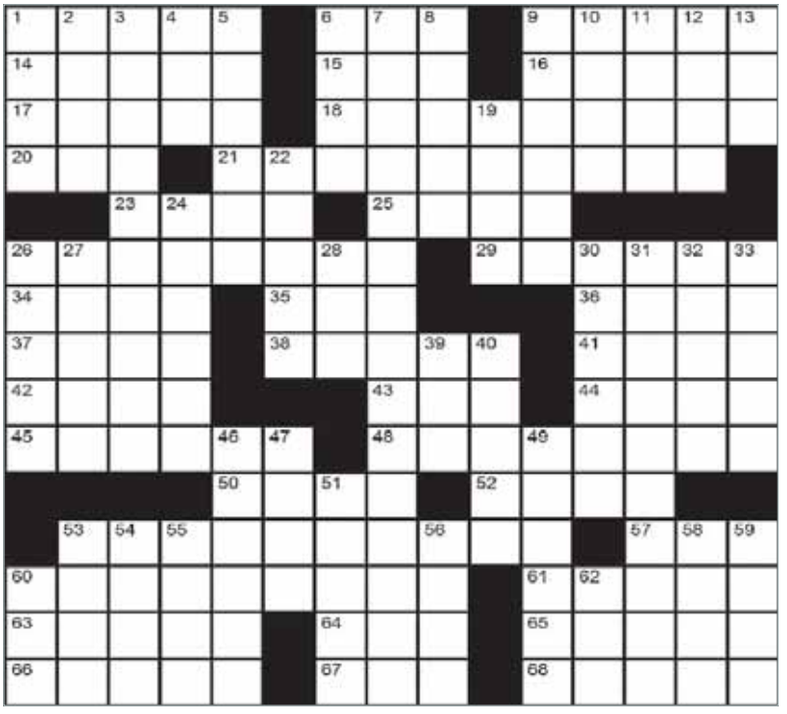
♑ Capricorn
Dec. 22 - Jan. 20
You will find it much easier to relax and take life as it comes now that Venus is joining the Sun in your sign. You don't have to be on the go every minute of every day. Give yourself a break occasionally.

♒ Aquarius
Jan. 21 - Feb. 19
Being the charitable sort, you sometimes allow people to get away with things they really don't deserve to get away with. Don't be too generous for your own good over the next 24 hours.

♓ Pisces
Feb. 20 - March 20
Allow yourself to think the unthinkable thought. Allow yourself to dream the impossible dream. With so much positive cosmic activity today there is precious little you cannot do, so set your sights high — then go even higher. SALLY BROMPTON

Crossword: Canada Across & Down

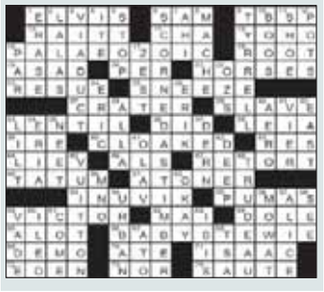
BY KELLY ANN BUCHANAN



Across
1. St. __, Nfld.
6. Cdn. business since 1670
9. Guess Who's "__ Eyes"
14. English band, __ Heep
15. Pub serving
16. Lake for Sarnia, ON
17. Tori's "Beverly Hills, 90210" role
18. Hugh Jackman role
20. Tree-like Tolkien creature
21. Harry Potter's best friend: 2 wds.
23. Environmental sci.
25. Fit
26. "Nessun Dorma", an aria from this Puccini opera
29. Belonging to our planet
34. "__ have to do."
35. German 'I'
36. 'Fed' suffix
37. Greenish-blue
38. Decree
41. Japanese soup
42. Thomas Augustine __: "Rule, Britannia" composer
43. Angelina Jolie title role
44. "I could __ _ horse I'm so hungry!"
45. One who silently approves
48. Where Bob Bratina is mayor
50. Bemoaned
52. Meas. with width
53. Canada's highest peak: 2 wds.
57. Beirut is its cap.
60. Co-worker
61. Jim Carrey flick, "Me, Myself & __" (2000)
63. Old Jennifer Garner series
64. "_ __ Blind" by 54-40
65. Little Richard hit: "__ Frutti"
66. Blood vessel implant
67. Gary Bettman's org.
68. Movie critic Roger

Down
1. Mr. Law
2. "__ __ the other hand..."
3. __ Who's Who (Canadian wildlife TV vignettes)
4. Grandma
5. Kelly Osbourne's mother
6. Actress Goldie
7. The Tragically Hip song: 4 wds.
8. Li'l star
9. Neptune's realm: 2 wds.
10. Lose yer lunch
11. Great Lake
12. Electronics company
13. Compass†point
19. Farewell, to Catullus
22. Golden hit tune
24. Phoned
26. Hyperion, for one, in Greek mythology
27. 1993 Nirvana album: 'In __'
28. Repetitive checking or hand-washing, e.g.
30. Make more cheese gooey again
31. Canadian Olympian Simon Whitfield, for one
32. Must: 2 wds.
33. "The Good in Everyone" band
39. The Company org.
40. Berry Gordy Jr.'s other early record label
46. Author Mr. Hemingway
47. Montreal-born actress Ms. Lee
49. Fire up
51. Toronto theatre, __ & Winter Garden
53. Shed, snake-style
54. "Rolie Polie __"
55. Capital of Mongolia, __ Bator
56. Mineralogist's field, for short
58. Play interlude, __'acte
59. "So __ __."
60. '_' __ in Canada
62. Wipe

Yeterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		7		8		1	
1			6		5			9
	6			1			5	
		5				7		
6	1						4	3
		4				1		
	5			3			6	
8			4		9			2
	9		2		7		8	

Yesterday's Sudoku

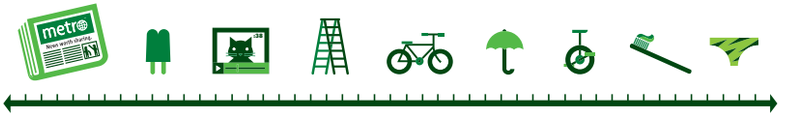
5	2	3	9	1	4	6	7	8
9	4	7	3	8	6	2	1	5
6	1	8	5	7	2	3	4	9
1	8	5	7	3	9	4	8	2
7	9	4	8	2	1	5	3	6
3	8	2	4	6	5	7	9	1
2	7	1	6	9	3	8	5	4
8	5	9	2	4	7	1	8	3
4	3	6	1	5	8	9	2	7

Today
6°/0°
Showers
40%
Thursday
5°/-1°
Mainly sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

Weather your cold.

HALLS
For the temporary relief of cough. Always read and follow the label.
We'll all feel better.

Sharability



easy hard

Ford

THE SIMPLE SALES EVENT

OFFER ENDS JANUARY 14TH

GET UP TO $7,500† IN REBATES

ON VIRTUALLY ALL NEW 2013 MODELS.

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TOP SAFETY PICK

WELL-EQUIPPED FOR ONLY

$15,999*

OFFER INCLUDES **$4,000**

MANUFACTURER REBATE AND $1,650 FREIGHT & AIR TAX.

2013 F-150 SUPER CAB XLT 4X4

AVAILABLE BEST IN CLASS PAYLOAD†† TOWING†† POWER†††

WELL-EQUIPPED FOR ONLY

$31,499*

OFFER INCLUDES **$7,500**

MANUFACTURER REBATE AND $1,700 FREIGHT & AIR TAX.

2013 ALL-NEW ESCAPE SE FWD 2.0L ECOBOOST®

WELL-EQUIPPED FOR ONLY

$26,499*

OFFER INCLUDES **$3,000**

MANUFACTURER REBATE AND $1,650 FREIGHT & AIR TAX.

PLUS

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$1,000▲ COSTCO WHOLESALE

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WISE BUYERS READ THE LEGAL COPY. Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. Dealer order or transfer may be required as inventory may vary by dealer. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. †Until January 14, 2013, receive $750/ $1,000/ $1,250/ $1,500/ $1,750/ $2,000/ $3,000/ $3,500/ $3,750/ $4,000/ $4,750/ $5,000/ $5,500/ $6,000/ $6,500/ $7,500 in Manufacturer Rebates with the purchase or lease of a new 2013 Edge SE/ Fiesta S, Flex SE, Explorer Base, Transit Connect, E Series/ Focus ST, Fusion Hybrid/ Focus S, Focus BEV, Mustang V6 Coupe, Taurus SE, F-150 Regular Cab XL 4x2 (value Leader)/Fusion (excluding Hybrids/ CMAX, F-250 to F-550 Chassis Cabs/ Explorer (excluding Base), Escape (excluding S)/Fiesta (excluding S), Flex (excluding SE)/ Mustang V6 Premium/ Focus (excluding S, ST and BEV), F-250 to F-450 (excluding Chassis Cabs) Gas engine / Mustang GT, Edge AWD (excluding SE)/ Expedition / Taurus (excluding SE), Edge FWD (excluding SE), F-150 Regular Cab (excluding XL 4x2) non 5.0L/ F-150 Regular Cab (excluding XL 4x2) 5.0L, F-250 to F-450 (excluding Chassis Cabs) Diesel Engine/F-150 Super Cab and Super Crew non 5.0L/F-150 Super Cab and Super Crew 5.0L– all Raptor, GT500, B2000/3000, Transit Connect EV and Medium Truck models excluded. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. *Purchase a new 2013 Focus SE Sedan/2013 Escape SE FWD with 2.0L EcoBoost engine/2013 F-150 XLT Super Cab 4x4 with 5.0L engine for $15,999/$26,499/$31,499. Taxes payable on full amount of purchase price after Manufacturer Rebate of $4,000/$3,000/$7,500 has been deducted. Offers include freight and air tax of $1,650/$1,650/$1,700 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Manufacturer Rebates can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order or delivery, but not both. Manufacturer Rebates are not combinable with any fleet consumer incentives. ▲Offer only valid from December 1, 2012 to January 31, 2013 (the "Offer Period") to resident Canadians with a Costco membership on or before November 30, 2012. Use this $1,000CDN Costco member offer towards the purchase or lease of a new 2012/2013 Ford vehicle excluding Fiesta, Focus, Fusion HEV & Energi, C-Max, Raptor, G1500, Mustang (boss 302, Transit Connect EV & Medium Trucks) (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford/Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. This offer can be used in conjunction with most retail consumer offers made available by Ford Motor Company of Canada at either the time of factory order (if ordered within the Offer Period) or delivery, but not both. Offer is not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000CDN offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ††Whether properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost 4x2 and 4x4 and 6.2L 2 valve V8 4x2 engines. Max. payload of 3,120 lbs with 5.0L Ti-VCT V8 engine. Class is Full-Size Pickups under 8,500 lbs GVWR vs. 2012/2013 competitors. †††Max. horsepower of 411 and max. torque of 434 on F-150 6.2L V8 engine. Class is Full-Size Pickups under 8,500 lbs GVWR vs. 2012/2013 comparable competitor engines. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

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GET UP TO

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ELANTRA L 6-SPEED MANUAL.
DELIVERY & DESTINATION INCLUDED.

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM

Limited model shown

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM

Limited model shown

2013 SONATA

GET UP TO

$3,500 IN PRICE ADJUSTMENTS‡ **WITH 0%†** FINANCING FOR 48 MONTHS

FRIENDS & FAMILY SELLING PRICE $22,064♦

SONATA GL AUTO.
DELIVERY & DESTINATION INCLUDED.

THE MOST FUEL-EFFICIENT FULL-SIZED CAR – NATURAL RESOURCE CANADA'S 2012 ECOENERGY VEHICLE AWARD◊

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

Limited model shown

2013 SANTA FE

GET UP TO

$1,150 IN PRICE ADJUSTMENTS‡ **WITH 0%†** FINANCING FOR 24 MONTHS

FRIENDS & FAMILY SELLING PRICE $27,109♦

SANTA FE 2.4L FWD AUTO.
DELIVERY & DESTINATION INCLUDED.

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5 YEAR WARRANTY 100,000 KM COMPREHENSIVE LIMITED WARRANTY††

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5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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855 Automall Dr.
North Vancouver, 604-985-0055
D#6700

OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

Jim Pattison Hyundai Port Coquitlam
Unit B - 2385 Ottawa St.
Port Coquitlam, 604-552-1700
D#30242

Langley Hyundai
19459 Langley Bypass
Surrey, 604-539-8549
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Jim Pattison Hyundai Surrey
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Murray Hyundai White Rock
3150 King George Highway
Surrey, 604-538-7022
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23213 Lougheed Highway
Maple Ridge, 604-467-3401
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